

COOKING IN IRAN
International and Persian Dishes

AMERICAN WOMEN'S CLUB

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INTERNATIONAL AND
PERSIAN FOODS



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International and Persian Foods

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AMERICAN WOMEN'S CLUB
Tehran, Iran

PREFACE

Many members of the American Women's Club of Tehran feel we are enjoying the best of two worlds. While we have the privilege of living in the exotic strangeness of the East, we hold on to our American heritage and make for our families a familiar setting in a foreign land.

In preparing this cook book, we have tried to express these interests. The contributions from the various embassies reflect the cosmopolitan capital in which we live. The bulk of home-tried recipes contribute to the feeling of our homelands we bring with us. Some recipes were brought from other countries which are a part of the international life we lead. The Persian recipes are included to encourage the newcomer to become acquainted with the interesting foods of this country and to give us all a bit of Persian cuisine to share with folks back home. Some of the favorite foods from restaurants we have enjoyed here are included to refresh fond memories of life in Tehran.

Many members who have lived in Iran for some time have contributed the helpful hints that have facilitated adapting familiar recipes to materials available here. The translations of terms and explanations of handling local fruits and vegetables we hope will make your Iranian homemaking easier and more adventurous.

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Exaspiration Extinguishers



EXASPIRATION EXTINGUISHERS

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LOCAL WATER TREATMENT

Tehran city water (out of the tap), now available in most areas, is safe to drink. All other water sources should be considered contaminated. Safe water can be obtained by using one of the following methods:

1. Water purification tablets--available at drug stores.
2. Boiling water for 20 minutes.
3. Adding chlorine bleach or javel water in the proportion of 6 drops per gallon of water and let stand 30 minutes.

PRODUCE PURIFICATION

Wash fresh fruits and vegetables, discard all bruised portions and separate leafy vegetables from stems. Soak smooth fruits or vegetables at least 15 minutes in one of the following solutions. Rough ones should be soaked 30 minutes:

1. One tablespoon of chlorine bleach or javel water per gallon of water.
2. Roccal (available in bottles imported from the United States or locally bottled). Directions on bottle.

After soaking in decontaminator, rinse thoroughly in potable water.

Produce is frequently dampened down with jube water to keep it fresh looking and, therefore, subjected to contamination after leaving the tree.

MEAT METHODS

Buy only those meats which have been keep under refrigeration. When possible, freeze it for ten days before using. Freezing helps tenderize it in addition to killing some contaminants. Cook local meat thoroughly.

EGGS

Eggs should be wiped with a cloth soaked in the chlorine- or Roccal-treated water, if they are at refrigerator temperatures and the shells completely intact.

OVEN TEMPERATURE CONVERSIONS

	English	Fahrenheit	Centigrade
Cool	0 - 1/2	225 - 250°	105 - 120°
Very Slow	1/2 - 1	250 - 275°	120 - 135°
Slow	1 - 2	275 - 300°	135 - 150°
Very Moderate	2 - 3	300 - 350°	150 - 175°
Moderate	4	375°	190°
Moderately Hot	5	400°	205°
Hot	6 - 7	425 - 450°	200 - 235°
Very Hot	8 - 9	475 - 500°	245 - 260°

STANDARD AMERICAN MEASUREMENTS

dash = less than 1/8 teaspoon
 3 teaspoons = 1 tablespoon
 16 tablespoons = 1 cup
 1 cup = 1/2 pint
 2 cups = 1 pint
 2 pints (4 cups) = 1 quart
 4 quarts (liquid) = 1 gallon
 8 quarts (solid) = 1 peck
 4 pecks = 1 bushel
 16 ounces = 1 pound

WEIGHT TO VOLUME CONVERSIONS FOR LIQUID MEASURE

Grams	Ounces in approx. fractions	Cups fluid measure	Liters	Ounces liquid	Cups liquid
10	3/8	1 T. \neq 1 t.	1	35 1/4	4 1/3
20	3/4	2 2/3 T.	1/2	17 2/3	2 1/4
50	1 7/8	scant 1/4	1/4	8 3/4	1 \neq 1 T.
100	3 1/2	scant 1/2	1/8	4 1/3	1/2 \neq 1 t.
454	16 or 1 lb.	2	1 dl.	3 1/2	scant 1/2
500	1 lb. 1 1/2 oz.	2 1/4		1 1/2	1 jigger
1000(1K)	2 lbs. 3 oz.		1 gill	4	1/2

EQUIVALENTS IN DRY MEASURE

1 lb.	Beans, dried	2 cups
1 lb.	Butter or other fats	2 cups
1 oz.	Butter or other fats	2 tablespoons
1 lb.	Cheese, cheddar	4 cups, grated
1 lb.	Cheese, cottage	2 cups
1 lb.	Cornmeal	3 cups
1 lb.	Dates	2 cups, cut up
1 lb.	Flour	4 cups, sifted
1 oz.	Flour	1/4 cup, sifted
2 sheets	Gelatin	1 tablespoon
1 lb.	Lentils	2 cups
1 lb.	Macaroni, uncooked	4 cups
1 lb.	Noodles, uncooked	5 cups
1 lb.	Nuts, coarsely chopped	4 cups
1 lb.	Raisins	3 1/4 cups
1 lb.	Rice, uncooked	2 cups
1 lb.	Spaghetti, uncooked	5 cups
1 lb.	Split peas	2 cups
1 lb.	Sugar, brown	2 1/4 cups, packed
1 lb.	Sugar, confectioners	3 1/2 cups, sifted
1 lb.	Sugar, granulated	2 cups
1 oz.	Sugar, granulated	2 tablespoons
1 pkg.	Yeast	1 tablespoon

CANNED GOODS CONTENTS

Of the different sizes of cans used by commercial canners in the United States, the most common are:

<u>Size</u>	<u>Average Contents</u>
8-oz.	1 cup
picnic (soup)	1 1/4 cups
#300	1 3/4 cups
#1 tall	2 cups
#303	2 cups
#2	2 1/2 cups
#2 1/2	3 1/2 cups
#3	4 cups
#10	12 to 13 cups

SUBSTITUTIONS

<u>Food</u>	<u>Amount</u>	<u>Substitution</u>
Buttermilk	2 cups	1/2 pint local yoghurt and 1 1/2 cups milk.....or 2 cups sweet milk plus 2 tablespoons vinegar, let set 5 minutes.
Chocolate (unsweetened)	1 square (1 oz.)	3 tablespoons cocoa plus 1 tablespoon oil or butter
Celery	As required	Center of Romaine lettuce leaves. The stem is white and crisp. Add celery salt or seed, if desired.
Cr. of Chicken Soup (for cooking)	1 can	1 1/4 cups of white sauce plus one or two chicken bouillon cubes
Graham Crackers (for crumb crusts)	As required	Crush local tea biscuits. (Sita, Maryam or Gorji Digestive Cookies are good for this purpose.)
Honey	1 cup	3/4 cup sugar and 1/4 cup water
Marinade	As required	Mast. Cover meat for up to 12 hours.
Milk (sweet)	1 cup	1/2 cup evaporated milk and 1/2 cup water
Mozzarella Cheese	As required	Mast. Spoon on casserole in last 15 minutes of baking.
Mushroom Soup	1 can	Prepare dry mushroom soup using only half the liquid called for. Use 1 1/4 cups of soup per can required.
Mustard Seed	1 teaspoon	1/2 teaspoon dry mustard
Orange Juice	As required	"Sun-Quick" or "JAFFA", a local squash
Pecans	As required	Walnuts. But do try toasted almonds in place of pecans in your pecan pie recipe.
Sour Cream	As required	Mast for dips, baking meat dishes and casseroles. Thicken, if desired, by putting it in a cloth and draining some whey away.
Sour Cream (thick)	1 cup	3/4 cup mast plus 1/4 cup thick cream
Tomato Soup	1 can	3/4 cup tomato paste or puree plus 1/2 cup milk or cream. Add a little onion, salt and perhaps a dash of soda, if it is too acid.

MAKE YOUR OWN

<u>Food</u>	<u>Simply</u>
Apricot Nectar	Cook local dried apricots or use baby food.
Bean Sprouts	Use a light green bean from a green bean. Place beans in baking pan; add water to the level of beans. Place pan in sunlight. Sprouts will be usable in two days.
Bread Crumbs	Use dried, left-over bread--Barbary is particularly good. Spin a small amount at a time in a blender, or place a small amount in a bag, close the top and hit with a smooth, heavy object.
Cake Flour	Sift together 12 times, 1 cup cornstarch and 7 cups of local flour.
Chocolate Chips	Use chocolate wafers (half-dollar size) sold in confectionery stores. Cut each into 6 pieces for cookies; or "Smartie" candy is similar to M & M's and will do.
Coconut Cream	Add 1 cup hot (not boiling) heavy cream to each cup of flaked coconut. Let stand 30 minutes, then squeeze through cheesecloth to extract cream. Chill, if cream is to be whipped.
Coconut Milk	Add 2 cups of hot milk to each cup of flaked coconut. Let stand 30 minutes, then squeeze through cheesecloth to extract all the milk.
Dried Parsley, Celery, Dill, other Herbs	Wash and snip finely with scissors. In this dry climate they will dry on a paper towel on your window sill. Bottle and label.
Fresh Coconut	Drain milk from coconut. Heat oven to 350°F. and place coconut in oven for 30 minutes. Break shell with hammer; remove meat. Pare off brown skin and grate or shred meat as desired.
Orange Peel (for nut breads other recipes)	Peel the orange by cutting through the skin vertically at 1/2-inch intervals and peel down. Now take a pair of kitchen scissors and snip crosswise into thin slivers. Cover the peel with water, add a dash of soda and simmer until tender (20 min.). Pour off any water that remains, rinse and refrigerate until you have time to bake.
Self-rising Flour	Sift together 1 cup plain flour, 1 teaspoon baking powder and a pinch of salt.
Wine Vinegar	Uncork a bottle of red wine, place a piece of foil for cover and let stand for a few weeks.

HIGH-ALTITUDE HINTS
(From Joy of Cooking)

At high altitudes, cakes have a tendency to stick to pans, so grease and flour well, or line bottom of pan with wax paper.

Pies: There is greater evaporation, so add a dab more liquid.

Cakes, Tortes, etc.: Reduce baking powder or soda by one-half, but never lower than 1/2 teaspoon per cup of cream or sour milk used. Cupcakes and layer cakes usually are better textured than loaf cakes. Fruit Cakes: Omit all leavening. Raise baking temperature by 25°F.

At 3,000 feet, no adjustment in recipe is needed if using cold eggs, and don't overbeat batter.

At 5,000 feet, decrease sugar 1 to 2 tablespoons for each cup called for. Increase liquid 2 to 3 tablespoons for each cup indicated, reduce double-acting baking powder 1/8 to 1/4 teaspoon for each teaspoon called for in recipe.

Steamed Puddings: Reduce leavening by one-half the required amount.

Waffles: Use one-fourth less baking powder than is recommended in recipes, never beyond 1/2 teaspoon per cup of sour milk or cream indicated.

Roasting Meat, Baking Vegetables or Cookies does not differ from sea level to approximately 7,000 feet. For very high altitude, slightly reduce amount of sugar added to cookies.

Above 2,500 feet, Soups and Vegetables require a longer cooking period due to liquid boiling at a lower temperature.

Sea level boiling point is 212°F. or 100°C.
5,000 feet boiling point is 203°F. or 95°C.

Reduce Deep Frying temperatures 10° to 15°F.

Only in an emergency should Meat be cooked in a Pressure Cooker. It will shrink less and have more flavor if cooked at 10 pounds pressure rather than 15 pounds pressure. Add 1/4 cup more liquid for pressuring vegetables.

Candy Making: Sea level soft ball is 236°F.
5,000 feet soft ball is 223°F.

If Canning in a pressure canner, add 1/2 pound to gauge pressure for each additional 1,000 feet. (Example: If processing requires 5 pounds pressure at sea level, use 7 pounds at 4,000 feet, 9 pounds at 7,500 feet, etc.) Canning in a boiling water bath required a one-minute increase in processing time for every 1,000 feet above sea level if the total time is 20 minutes or less, and 2 minutes per 1,000 feet if total time is more than 20 minutes.

HELPFUL HINTS

If sugar is coarser than you like, give it a whirl in the blender.

By adding one tablespoon of corn syrup to candy mixtures, they will not become granular.

For clearer gravy without lumps, substitute cornflour for regular flour.

To remove the bitter flavor of shelled walnuts, cover with cold water, bring to a boil for 3 minutes and drain. Skins will be tender and can easily be removed.

Use warm potato water instead of warm water when baking with yeast. Boil medium-sized potato to get potato water.

For best results when making pickles, use enameled pans and stir with a wooden spoon.

A pan of boiling water on the top oven shelf while baking yeast breads prevents their drying out.

Add one egg yolk to frosting to keep it soft.

To remove the white membrane from oranges for special salads or desserts, let orange stand in boiling water for five minutes before peeling.

To plump raisins, put in water and bring to a boil. Turn off heat and allow to stand for 10 minutes. Drain and dry with paper towels. The white raisins will taste like fat grapes again--kids like them in cereals.

To soften brown sugar, use a perfect lime, lemon or apple in a sealed jar with the mouth wide enough to accomodate the whole fruit. In twelve hours, the sugar will be soft. Or place the sugar in a low oven for several minutes; then use immediately.

To keep lettuce fresh, wash and drain well. Put in a plastic container with a whole, unpeeled lemon or insert a clean tea towel in bag.

For garnish and flavor, top meat and tomato casseroles with mast 15 minutes before serving.

If cream has turned slightly sour, add a small amount of soda. Cream will neither smell nor taste sour.

To keep a layered cake from sliding while icing, insert spaghetti instead of toothpicks.

Eggplant bitter? Soak sliced eggplant in salt water 10 minutes. Dry between paper towels and cook as planned.

Add one tablespoon of cooking oil to water when cooking spaghetti or noodles. They won't stick together when served.

For a dinner party, use your angel food cake pan for a gelatin salad.

HELPFUL HINTS (continued)

To test an egg for freshness, place egg in glass of water:

1. If egg falls to bottom and lies on its side, it's fresh.
2. If large end rises slightly, it's somewhat old. Use it in baking.
3. If egg stands on end or floats, beware, it is very old.

To calculate the average number of servings per kilogram of meat:

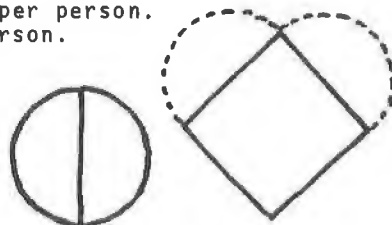
Beef or Lamb - 200 to 250 grams per person.

Ground Beef or Ground Lamb - 100 to 150 grams per person.

Chicken (with bones) - 400 to 450 grams per person.

Have a Heart! Especially for Valentine's Day.

Divide cake batter into two layer cake pans, one round, the other square. Bake. Cut round layer in half. Place half sections along two sides of the square layer, forming a heart. Frost with peppermint flavored pink icing.



Cut drinking straws into short lengths and insert through slits in pie crust to prevent juice from running over the oven and to permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping, as the marshmallows come to the top.

To prevent filling from soaking into pie crust, dust over bottom crust with a mixture of flour and sugar before adding fruit or other filling.

Use powdered sugar in whipping cream instead of granulated, it will stand much longer without separating.

When you need ground nuts, it is faster to crush them between sheets of wax paper or in a "Baggie" with your rolling pin.

Use a regular size ice cream scoop when a recipe calls for 1/4 cup of shortening.

To crisp the local potato chips, wrap lightly in paper towels and put on cookie sheet in a low oven for 5 to 10 minutes.

Make a paste of vinegar and salt to clean copper-bottomed pans.

To measure molasses or honey, grease cup in which it is to be measured.

To keep cake fresh, put an apple cut in half in the container with it.

Iodized salt is not available in Iran, so try to include in your diet adequate seafoods to compensate, or take a vitamin-mineral supplement.

The trace mineral zinc is absent in foods grown in Iran. You may wish to take a vitamin-mineral supplement if you are here for a long stay.

A leaf of lettuce dropped into the pot absorb the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

LOCAL FOODS (Their Character and Availability)

BAKED GOODS

Bread - Local sliced breads are considerably firmer than those in the States. Unsliced French-type breads are of a softer consistency and are good. Local traditional breads, those baked in small neighborhood bakeries are: Barbary, about 27" long by about 9" wide and approximately 3/4" thick, may or may not have sesame seeds on top; Sangak, an elongated, wedge-shaped bread about 3/8" thick with random holes from having been baked on hot stones; Lavash, a very large rectangular bread, about 15" by 27" x 1/8" thick, not as crusty as the previous two and has best keeping quality; Taftoon, a round bread about 18" in diameter by about 3/8" thick perforated with in-line holes.

Buns - Hamburger and hot dog buns, as well as dinner rolls are available at supermarkets and small bake shops.

Cakes - Cakes from local confectionaries are beautiful, but opinions regarding their taste range from uneatable to tasty.

Cookies - Cookies from confectionaries and those packaged at supermarkets and small stores are quite good.

Sweet Rolls and Pastries - A wide variety is available at local confectionaries and some super markets. They are very good.

CANDY

Locally made candies, both chocolate and hard, are good. They are usually prepackaged at the super markets and in bulk at confectionaries and small grocery stores.

CANNED FOODS

Many varieties of imported canned goods are available, but they are expensive. Avoid bulging cans, even a very slight bulge; this indicates the contents have spoiled. Never use a can of food if in doubt.

Baby Food - Baby foods are not canned locally. An electric blender is convenient for making your own. American brands are available, but expensive. A brand imported from England is reasonable.

Convenience Foods - Canned cooked dried beans as well as chicken and tomato soup and stuffed eggplant and peppers are available. These things are usually a matter of personal taste.

Fruits - There is a wide variety of locally canned fruits and they are quite good. They are labeled in English, usually. Apple slices may include part of the core, which you may wish to cut out.

Juices - Bottled grape juice is from grapes other than Concord grapes and the flavor will not be familiar to you. Pomegranate, apple and lime juices are canned or bottled locally. "Sunquick", bottled concentrates of orange, lemon, etc., is a good breakfast drink and also good diluted in punches, etc. The lemon is satisfactory for cooking during the long season that sour lemons are unavailable.

Local Foods

CANNED FOODS (continued)

Juices (continued) - An Iranian summer cooler is Charbat. It is a thick, fruit flavored syrup which you mix with water, either plain or soda, in proportions of 1 part syrup to 8 parts water. Serve over ice.

Meats - Canned meats usually located near the fresh meats department of super markets are very good. They include: sandwich spreads, pates, hot dogs, etc.

Seafoods - Locally canned sturgeon, tuna and sardines are available, though the tuna is stronger tasting than American brands. Sturgeon can be used much like canned tuna, and the taste is similar.

Vegetables -

Carrots need to be cooked a bit longer.

Green beans and peas may be more to your liking if you pour off the juice and add fresh water and seasonings. Cook gently up to 20 minutes. More mature green vegetables are canned here so they are somewhat harder and stringier than what you may be accustomed to.

Kraut contains some pieces that you may wish to remove before cooking.

Spinach is good.

Tomato products are more acidic and saltier than we are used to. Add sugar and a dash of soda to neutralize this.

DAIRY PRODUCTS

Pak Dairy offers a full line of pasturized dairy products, including milk in disposable cartons, whipping cream, breakfast cream, butter, cottage cheese and ice cream. Bottled milk (cow on bottle) is also pasturized, but it is not homogenized. Local and imported brands of butter and margarine are available. Labels indicate if they are pasturized. The foil wrapped ones are pasturized. Breakfast cream is very good on bread.

Whipping Cream (in green carton) will whip readily. Add powdered sugar and vanilla before you start to whip.

Cheese - Plastic wrapped "Camping" cheese is similar to American processed cheese and can be used in its place. The popular local white cheese is goat cheese. The cheese that is covered with red wax is usable for pizza.

Yogurt - Locally called "mast," it is refrigerated and packaged in plastic bags or 1/2 pint cartons. It can be bought with or without onions. Yogurt with onions is good as a chip dip.

DRIED FOODS

Apricots & Prunes are abundant and reasonable. Wash well before using. Some dried prunes are salted (for use in meat balls), so taste them before using.

Coconut is shredded very finely, but it is good.

DRIED FOODS (continued)

Dates - Fresh dates come in bulk, in large round cans or small round plastic containers in the dairy section of food stores. They are ready to eat, stuff or use in baking. Packaged (pitted cooking) dates are plentiful and very inexpensive.

Legumes - Some of the dried legumes available are Pinto beans, lentils, split peas, chick peas, navy beans, broad beans, black-eyed peas and kidney beans. Packaged, freeze-dried green beans and peas from England taste like fresh vegetables when cooked. They are usually found with the spices.

Raisins - Many kinds, little golden ones, long green ones, dark ones, all with a distinctive taste, are available locally. Inspect them and wash them carefully. Soak in warm water to plump them before using.

Rice - Local rice of various grades and prices is plentiful. Try several to determine your favorite. Rice from northern Iran is the best in the world--but do learn to cook it the Persian way.

FRUITS

Apples - Small new apples generally appear on the market around the middle of July. As fall approaches they become larger and more plentiful. October is a good month for apples. Locally grown apples usually are not very tart, but sour apples for pies are available in the fall.

Apricots - Fresh apricots are very good and are available from about the middle of June until the end of July. Try a pie.

Avocados are not available here.

Bananas - Though bananas are not grown in Iran, imported ones are generally available most of the year, though on a particular day you may not find any. They have been quite expensive, but prices seem to be coming down.

Cantalope - For the most part, Iranian cantalopes have a pale green meat, though occasionally you will find an orange one. They are usually delicious, but if flavor is lacking, try sprinkling it with a little sugar and fresh lime juice. They are on the market from late June until September, the peak being August.

Cherries - Sour cherries are small and very red through to the pit. They are excellent in pies and cobblers. The season is from late June until about the middle of August. Freeze some and make a couple of bottles of fruit cordial, too.

Sweet cherries in several varieties are plentiful: light "Queen Ann" type, rosy red ones, and very large and delicious "Ox Heart" type. Inspect them carefully before you buy, as some orchards are not properly sprayed.

Coconut - Fresh coconuts can usually be bought from about late fall until early spring.

Local Foods

FRUITS (continued)

Figs - Fresh figs, light green in color, appear about the last of July and are generally available through September.

Grapefruit - Locally grown grapefruit and some imported from the Mediterranean area are available from late fall until early spring.

Grapes - A large variety of grapes, large and small, white and red, seeded and seedless, are very plentiful and inexpensive. Indulge yourself. The first ones become available about the end of June and the season lasts through November.

Lemons - Two types of lemons are grown in Iran and are available in fall and winter. The smaller one is a sour lemon with a lemon taste. The larger one is a sweet lemon and is as sweet as an orange, but without any distinctive flavor--just blah.

Limes - Delightful limes are plentiful and inexpensive. The peak of the season is during the fall. They make delicious pies. Use your favorite recipe for lemon meringue pie, but increase the amount of citrus juice called for to 1/2 cup lime juice per pie.

Mulberries - White and black mulberries are on the market briefly about the end of July.

Nectarines - Very delicious nectarines, one apparently a cross between the peach and a green plum and the other a cross between the peach and a red plum, are on the market during July and August and are very inexpensive.

Oranges - Both sweet (portagal) and sour (narenj) are locally grown. "Blood oranges" are very good; they are red inside. Most of the local oranges are more sour than American oranges, are quite seedy and not very juicy. Oranges are generally not available during the summer months. Juice hand-squeezed (do not twist on a juicer or you will get a bitter taste) from the sour orange (narenj) is excellent on salads. Some oranges are also imported.

Peaches - Several varieties are on the local market. The first, available about the middle of July, are white meated and cling-type. A free-stone variety ripens in late August and they are generally around through September.

Pears - Fresh yellow pears come in season about the middle of August and last throughout the fall.

Persian Melon - We shall refer to melons other than watermelon and cantalope as Persian melons. There are many varieties: a relatively smooth-skinned yellow melon about the size of a large cantalope but have a slight point at one end, an elongated football-shaped melon vaguely striped green and yellow from Mashad with a very crisp meat, another elongated melon with a skin similar to cantalope in texture but grey and green in color, and others. If you are a melon lover, or even if you're not, enjoy yourself while you can. From mid-summer to early winter melons are a must.

Persimmons - Large and almost seedless persimmons are harvested usually after the first frost. The season is relatively short.

FRUITS (continued)

Plums - Green plums make their first appearance on the trays of street vendors early in May, at which time they are very hard and green and about the size of a large cherry. They are sold in this manner continuously until they are fully ripened, about the first of July. Ripe green (or yellow) plums are available then through the middle of August.

A couple varieties of red plums are on the market from July through August.

Pomegranates - During late fall and winter pomegranates are very plentiful and inexpensive. They make their first appearance about the end of August, but the size and quality are much better in late fall. For a refreshing drink for your children or yourself, roll a pomegranate between the palms of your hands until it is softened. Then make a hole at the end and squeeze the juice directly into your mouth.

Quince - If you don't happen to have a quince tree in your garden, you can get them at the fruit market during the months of November through January. They make excellent jelly or jam. Try them in Iranian dishes or try them baked--even though it takes quite a while.

Rhubarb - Local rhubarb is quite different from American type--not nearly so tart. Its stems are very irregular and appear more like a root than a stem. It is available during May.

Strawberries - Though strawberries are grown locally, they are quite expensive. They are ready about the middle of May and last about a month or a little longer. The best ones are usually offered for sale at your door. The larger berries are available quite early in the season. As the season progresses the berries get smaller. The flavor is excellent, but be sure to CLEAN THOROUGHLY.

Tangerines - Delicious, sometimes seedless, tangerines are a treat during late fall and early winter; inexpensive too.

Watermelon - Tehran abounds in watermelons during late summer. Some are on the market from quite early summer, but at this time, as well as late in the season, say November, their sweetness cannot be depended upon.

In addition to the above-listed fruits, you may be able to occasionally spy on the market such fruits as currants, gooseberries, blackberries, raspberries, etc.

MEATS, POULTRY & SEAFOODS

Beef, pork, lamb and veal of good quality is available at super markets and the better meat markets. Pork is not as plentiful as the others, and it is a bit expensive in comparison. Ham and very good pork products as well as a very large variety of luncheon meats are available at a few well-known markets.

Chicken, duck and turkey are in ample supply in Tehran (particularly at holiday time). They usually need more cleaning and preparation for cooking than those from super markets in the States.

Local Foods

MEATS, POULTRY & SEAFOODS (continued)

Shrimp, frozen at sea in the Persian Gulf, are available the year around. They are very economical and delicious. Smoked sturgeon is a new treat here. Many varieties of frozen whole fish are available at the Government fish stores and super markets. Fresh whole fish can also be found at bazar areas, but buy only those fresh fish which are displayed on ice. Check under gills (nice red color) for extra freshness.

NUTS

Walnuts & Almonds are of good quality and reasonable. They are available the year around. Price of walnuts varies with the season. Sort carefully for bits of shell. It is best to refrigerate them in the summer or freeze them to prevent their becoming rancid. The new crop of walnuts normally comes on the market about the end of November.

Pistachios are grown in Iran and are available salted, plain, lemon flavored, red or natural.

Other nuts available are peanuts (they may be raw), cashews (salted or plain) chestnuts, filberts and hazel nuts.

Salted squash, melon and sunflower seeds are also plentiful.

PASTAS

A variety of shapes and sizes of macaroni products are available in most food stores. You may want to rinse them well after cooking.

SPICES

For local names of spices, refer to the Glossary at the back of this cook book. A wide variety of imported spices is available at local super markets. Fresh poppyseed in the pods is on the market around the middle of June through the first part of July. Locally packaged spices come in small cellophane packets, usually labelled in both English and Farsi. Packages marked simply "spices" can be used in place of allspice.

Salt comes in a small carton with a flow spout, but it is not iodized.

Vanilla - Synthetic powdered vanilla is widely distributed in Tehran. It is white and does not leave the alcohol taste and brown color of a vanilla extract. It is quite strong and measurement should be cut in half when used in place of vanilla extract. It tends to be bitter if you use too much, so use sparingly. It is usually found in the spice and flavoring section of super markets.

SPIRITS

Imported brands of popular spirits are available, but they are very expensive. Some locally made products are:

Beer - Local brands and international brands, locally licensed, are available. Taste of local brews is a bit stronger than American brands.

SPIRITS (continued)

Champagne - Local champagne is excellent and inexpensive. "Black Label" is considered one of the better brands.

Creme de Menthe is now being made locally. The price is reasonable and the taste is most satisfactory.

Rum - Dark "Rhum" is satisfactory for cooking or for hot buttered rum. It is not good in drinks that call for light rum. It is usually available only during winter, at the end of the sugar cane harvest.

Vodka - This is probably the most popular local drink and is very reasonably priced.

Wine - White and red varieties are available. They vary from bitter to very sweet in taste. Prices are reasonable. Two favorites with the American community are "1001" and "Velvet" Rose.

Spirits are available at super markets and other stores. Keep an eye on locally made items. Every so often a new spirit is being produced locally at a price far less than imports.

STAPLES

Baking Powder - Several imported brands are available. Use as usual.

Baking Soda is satisfactory.

Brown Sugar is coarser than American brands and a little lacking in flavor, but it works satisfactorily for baking. Some women prefer to substitute 3/4 cup brown sugar and 1/4 cup granulated sugar for 1 cup brown sugar called for in recipes when they use the local sugar.

Coffee - Imported brands of American coffee, both ground coffee and instant coffees are available, but are very expensive. Some coffee shops will grind a custom blend for you. Instant Nescafe is probably the most economical coffee.

Convenience Staples - American cake mixes are widely distributed and worth their price. Other cake mixes are available at super markets, but they make a smaller cake than American brands and the price is quite high. Jello and packaged puddings are available, produced here under franchise; their quality is good.

Corn Syrup and Molasses are available at a few super markets, but they do not taste exactly like Stateside brands.

Flour - There is a difference of opinion concerning local flour. Some say it is excellent for most baking purposes. Others have found it unsatisfactory for cakes. Some have used it successfully for cakes by measuring it before sifting, thereby increasing slightly the amount of sifted flour used.

Powdered Milk - Many imported brands of powdered milk are available. It is found in the baby milk and baby foods section of super markets.

Shortening - Solid shortening is sold in tins and is excellent. Salad oils are also excellent.

Local Foods

STAPLES - (continued)

Sugar - The sugar may be coarser than you like. If so, refine in blender. Cube sugar is plentiful; keep some on hand for use when your Iranian friends drop in for tea. Colored sugar cubes in the shape of hearts, diamonds, spades and clubs are available and nice for card parties.

Tea is grown in the northern part of Iran and is very reasonable. Imports are available, but more expensive.

Yeast is sold in cup-sized or larger cans. One tablespoon of dry yeast is equal to a package, which is the unit usually called for in recipes.

VEGETABLES

Articokes - The taste is very good, but they generally are not as meaty as those from the States.

Asparagus - One of the first fresh vegetables available here in the spring is asparagus. The quality is generally very good and the price is not too bad.

Cabbage - Both red and green cabbage is readily available during the entire year. The taste is frequently milder than what we are accustomed to.

Carrots - This is one of the mainstay vegetables in Iran. They are very inexpensive and available the year 'round. Be choosy in your selection, as some tend to have a woody core.

Cauliflower - Huge, gorgeous cauliflower adorn the vegetable markets during the fall and winter, and they are so reasonable. Eat it cooked, raw or pickled, whatever your preference; but enjoy it while you're here. You won't find any better anywhere.

Celery - Good quality celery is not available all year long. It is best in November and December. Dry the leaves and freeze the stalks for out-of-season use.

Corn - Local corn is not very good eaten on the cob; it is more like field corn rather than sweet corn. It is best to first cut it from the cob and then cook.

Cucumbers - Lovely, crisp cucumbers enjoy a long season in Tehran, from early spring until late fall. They are most plentiful, and cheapest, during June, July and August. Many people who could not tolerate cucumbers back home enjoy them here.

Beets - Cooked beets are sold during the winter months by street vendors. Beets here grow to a tremendous size, yet remain tender and sweet. When cooking them for use as a hot vegetable or for pickling, allow ample time, 1 to 1 1/2 hours, at least.

Brussels Sprouts - The few Brussels sprouts that make their way to the local markets are very small in size. They are usually available during late fall.

VEGETABLES (continued)

Eggplant - Iranian eggplant, for the most part, are long and thin in comparison to those in the United States. They are very plentiful and inexpensive--the main ingredient in many Iranian dishes. You should soak cut pieces or slices in salt water for a few minutes to remove the bitter taste.

Garlic - Dried garlic bulbs are in ample supply the year around.

Green Beans - Nice green beans, and very inexpensive, are available from late spring through most of the summer and fall.

Green Peppers - The best green peppers are on the market during late summer and fall. If you use them in cooking, it's best to freeze a supply.

Greens - Many kinds of "sabzi" can be purchased throughout the year. Some of the greens available are watercress, parsley, beet greens, fenugreek, coriander, etc. Small greens grocers offer a wider variety of these than the super markets.

Leeks have a very mild onion flavor and are available here. Cook and serve as you do asparagus. They are also very good in soups.

Lettuce - Head lettuce here is usually very nice and inexpensive. It usually is not available during late winter and very early spring. A leafy "Boston" type lettuce is on the market most of the year.

Okra - Fresh okra can usually be had during summer and fall.

Onions - The popular cooking onion here is a purple skinned onion, available throughout the year. Tiny white onions suitable for creaming and also a medium-sized white onion are also available.

Tiny green onions to large thumb-sized green onions are on the market from early spring until mid-winter.

Parsnips - Late winter brings some very good small parsnips to the market, but it does take some searching.

Peas - Fresh peas, during spring and early summer, are quite nice and inexpensive. Avoid overly mature ones. For a sweeter flavor, add a teaspoon of sugar and a couple of pods while cooking.

Peppers - Finger-length, green, hot peppers are on the market from mid-summer through fall; and they are HOT.

Potatoes - Irish potatoes here are rather yellowish and mealy and are available the year around, though they are kind of expensive during late winter. They bake very nicely, resembling the texture and taste of Idaho potatoes. Because of the altitude, boiling them takes a little more time than usual, but do not boil too long; they tend to crumble. In addition to new Irish potatoes, in the late spring and summer and on into fall, a thin-skinned elongated potato is on the market which is excellent for boiling whole in the jackets or frying, whole or split lengthwise, in the jackets. It is also excellent for cold potato salads, because it does not crumble.

Local Foods

VEGETABLES (continued)

Pumpkin - Local pumpkins are long, gourd-shaped, rather pale skinned, but rich colored inside. They are available from mid-October through the winter. For pies, cakes and cookies, bake or steam and remove any fibers. It is also excellent as a vegetable. Steam in a small amount of water until about half cooked. Then continue cooking in brown sugar-butter glaze as sweet potatoes.

Radishes - Radish greens are consumed by the Iranian people and are on the market from very early spring until mid-winter. The round red roots are best in spring and fall, though you will find them through the summer also.

Squash - Pale green Zucchini-type squash come to market about June and are available throughout the summer and into fall. The vegetable referred to under "Pumpkin" may be served as you would a winter squash.

Tomatoes - Lovely tomatoes are grown in Iran. They are available from very early spring until winter approaches. Make a fresh tomato juice concentrate and freeze in ice cube trays. Add a cube to stews and soups for a fresh tomato taste when tomatoes are out of season.

Excellence from the Embassies



EXCELLENCE FROM THE EMBASSIES

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EMBASSY OF THE COMMONWEALTH OF AUSTRALIA

AUSTRALIAN BARBECUED LEG OF LAMB

Leg of Australian lamb
2 teaspoons salt
Flour
1 onion
1 cup water

1/2 cup tomato ketchup
2 tablespoons Worcestershire
sauce
1/4 teaspoon cayenne pepper

Wipe leg with a damp cloth; rub all over with salt and then flour. Place in pan and surround with sliced onion. Combine water, sauces and cayenne pepper and pour over meat. Roast in a 300 to 350°F. oven, basting every 20 minutes.

This takes a little longer than a normal roast, but the "barbecued" flavor is worth it. Use remaining pan juices for gravy and serve with a good Australian red wine: a Hunter Valley Pokholbin dry red or a Coonawarra Claret.

Alison Broinowski



EMBASSY OF THE FEDERAL REPUBLIC OF BRAZIL

INDIVIDUAL SHRIMP PIES

- | | |
|-------------------------|-------------------------------|
| 1 1/2 cups sifted flour | 5 tomatoes, chopped, or 1 1/2 |
| 2 teaspoons salt | cups canned tomatoes, drained |
| 3/4 cup shortening | 1 1/2 cups coarsely chopped |
| 1 egg, beaten | cooked shrimp |
| 1/4 cup ice water | 1/2 teaspoon pepper |
| 2 tablespoons olive oil | 1/4 cup chopped ripe olives |
| 1 onion, chopped | 1 hard-cooked egg, chopped |
| | 3 tablespoons chopped parsley |

Sift the flour and 1 teaspoon of salt into a bowl. Cut in the shortening with a pastry blender or two knives until the consistency of coarse sand. Combine the egg and water and add, tossing lightly until a ball of dough is formed. Wrap in wax paper and place in the refrigerator for 2 hours. Heat the olive oil in a saucepan. Add the onion and saute for 10 minutes. Add the tomatoes and cook over low heat for 10 minutes. Add the shrimp, pepper and remaining salt. Cook over low heat for 10 minutes. Add the olives, chopped egg and parsley. Correct seasoning. Cool for 15 minutes. Preheat oven to 400°F.

Roll out the dough 1/4 inch thick on a lightly floured surface. The dough may be cut to fit muffin pans or cut into 5-inch circles. If muffin pans are used, line each one with dough and fill with shrimp mixture. Place a little round of dough on top of each one. If the circles are used, place a tablespoon of the shrimp mixture in the center of each circle and fold over the dough, sealing the edges well. Place on a baking sheet. Bake either variety in a 400°F. oven for 20 minutes. Serve hot.

BRAZIL NUT CAKE

- | | |
|---------------------------|------------------------------|
| 10 egg yolks | 2 tablespoons bread crumbs |
| 1 3/4 cups powdered sugar | 10 egg whites |
| 3 cups ground Brazil nuts | 1 1/2 cups heavy cream |
| 1/3 teaspoon salt | 2 tablespoons coffee essence |
| 2 tablespoons brandy | 3 tablespoons powdered sugar |

Beat the egg yolks in a bowl. Gradually add the powdered sugar, beating until thick. Add nuts, salt, brandy and bread crumbs, mixing well. Preheat oven to 350°F. Beat the egg whites until stiff but not dry and fold into the nut mixture. Butter a 10-inch spring-form pan and dust lightly with bread crumbs. Pour the batter into it. Bake in a 350°F. oven for 45 minutes or until a cake tester comes out clean. Leave the cake in the oven with the heat off and the door open for 5 minutes after it is finished baking. Cool for 2 hours. Remove from the form. Split the cake.

Whip the cream and add the coffee essence and confectioners sugar, mixing lightly. Spread some of the cream between the halves and place the rest on top. Chill. Some sliced or chopped Brazil nuts may be sprinkled on top if desired.

Mme. Paulo Pinto da Silva

EMBASSY OF THE KINGDOM OF DENMARK

POTATO SALAD

6-8 medium-sized cold, boiled potatoes	<u>Dressing</u>
2 tablespoons chives or spring onion tops, chopped	1 1/2-2 tablespoons vinegar
2-3 diced pickled beetroot	1 teaspoon salt
2 tablespoons onions, chopped	1/4 teaspoon pepper
2 tablespoons parsley, chopped	5-6 tablespoons olive or salad oil

Mix vinegar, oil, salt and pepper well to make dressing. Slice potatoes into salad bowl and arrange onions, parsley, beetroot and chives in rows on top. Pour dressing over. Keep in cool place 1-2 hours. Turn over once or twice before serving. Serve with sausages, cold meat, etc.

APPLE CAKE

About 1 pint THICK, sweetened apple pulp	<u>Vanilla Sauce</u>
4 oz. butter	1/2 pt. thin cream or milk
4 oz. fine biscuits or breadcrumbs	3 egg yolks
	2 oz. sugar
	1 1/2 teaspoons vanilla
	1/4 pt. whipping cream

Heat butter in pan and fry biscuit crumbs until crisp. Butter round baking tin or dish and fill with alternate layers of apple pulp and crumbs, beginning and ending with crumbs. Bake in center of moderate oven for 30 minutes. Turn out and serve hot or cold with either whipped cream or vanilla sauce.

To make sauce, heat but do not boil cream or milk. Beat egg yolks and sugar in basin over hot water or top of double saucepan until thick. Add milk or cream and continue cooking until thickened, stirring well. Cool, add vanilla and whisk well. When quite cold, fold in whipped cream.

BRUN LABSKAUS
(Brown Hash)

1 lb. meat (cubed beef, pork or veal)	2 ^{te} teaspoons salt or according to taste
1 lb. potatoes	1/2 teaspoon pepper
4 oz. butter	2 tablespoons sherry (optional)
1 large onion	

Brown meat and potatoes in the butter in a large saucepan. Add the chopped onion and salt. Add a bit of boiling water so mixture is covered. Cover, lower heat and let simmer for about 1 hour. The water should be absorbed. Add pepper and sherry, mix and serve.

Inger Sorensen

EMBASSY OF THE FEDERAL REPUBLIC OF GERMANY

GEFILLTE BUTTERHORNCHEN
(Filled Butterhorns)

2 cups flour
2 teaspoons sugar
1/2 teaspoon salt
1/2 cup butter or margarine
1 pkg. active dry yeast
2 tablespoons water
1/4 cup sour cream (heated
and cooled)
2 egg yolks
Confectioners' sugar

Filling

2 egg whites
1/2 cup sugar
1/2 teaspoon vanilla
1/2 cup finely chopped (or
ground) nuts or almonds

Mix first three ingredients, cut in butter. Sprinkle yeast into water. Let stand a few minutes, then stir until dissolved. Blend sour cream and egg yolks. Add yeast and mix well. Stir into flour mixture and blend well. Cover and refrigerate at least 3 hours.

Remove dough from refrigerator and let stand at room temperature until soft enough to handle. To prepare filling, beat egg whites until stiff. Gradually add sugar and vanilla, beat until glossy. Fold in nuts.

Divide dough into 4 parts. Shape one section at a time into a ball and roll on board sprinkled with confectioners' sugar. Roll from center to edge to form an 8-inch circle. Cover each circle not quite to edges with one-fourth of the filling. Cut each into 8 wedges. Roll up from rounded edge to point. Put on baking sheet. Bake in oven at 375°F. for 15 to 20 minutes.

GANSEBRATEN MIT APFELFULLUNG
(Roast Goose with Apple Stuffing)

1 goose
1/2 lemon
Salt and pepper
4 cups apple wedges
2 tablespoons flour

1 cup giblet broth, milk or water
(To make broth, cook giblets
in water about 40 minutes)
1/2 cup light cream
1 tablespoon black or red cur-
rant jelly

Rub prepared goose inside and out with lemon. Sprinkle with salt and pepper. Stuff with apple wedges and secure opening with skewers. Put goose with breast down on rack in shallow roasting pan. Roast 2 hours in 350°F. oven, pour off fat, turn goose and continue roasting for approximately 1 1/2 hours more or until drumstick meat is soft. Transfer goose to hot platter. Pour all fat and drippings into a bowl. Use liquid under the fat as part of the broth. Blend in flour, add liquid and cook, stirring until thickened. Stir in cream, add jelly. Serve with the goose. Good with Brussel sprouts or red cabbage.

Mrs. Gulzow

EMBASSY OF GREECE**MELIDZANOSALATA**
(Eggplant Salad)

2 medium-sized eggplants	3-4 tablespoons diced cucumber
Juice of one lemon	2 cloves garlic, crushed
2 hard-boiled eggs, finely chopped	3-4 tablespoons mayonnaise
	Seasoning

Bake the eggplants in a hot oven for 30 minutes. Remove the skin and chop the flesh very finely. In a bowl combine the chopped eggplant, lemon juice, eggs, cucumber, crushed garlic and seasoning. Blend in the mayonnaise. Chill well and serve with crisp French bread or cream crackers as an hors d'oeuvre. Serves 2 to 4.

PSARI TOU FOURNOU
(Baked Fish)

2 lbs. fresh haddock or cod	2-3 tomatoes ,
2 tablespoons bread crumbs	1/2 pint olive oil
Chopped parsley	4 tablespoons dry white wine
2-3 cloves garlic	2 tablespoons tomato puree
Salt and pepper	Juice of 1 lemon

Clean, wash and cut the fish into portions. Sprinkle with salt. Mix the chopped parsley with the bread crumbs, crushed garlic and add salt and pepper to taste. Put a layer in a greased Pyrex dish and lay the fish cutlets on top. Cover with the rest of the parsley mixture. Peel and slice the tomatoes and place on top. Blend the oil, wine, tomato puree and lemon juice and carefully pour over. Cook in a moderate oven for 30 to 40 minutes. Serves 4.

SOUTZOUKAKIA
(Meat Fingers)

1/2 lb. mince-meat (ground beef)	<u>Sauce</u>
1 onion	
1 clove of garlic	2 tablespoons cooking fat
1 tablespoon bread crumbs	4 large tomatoes
1/2 cup wine	
1 egg	
1/2 teaspoon caraway powder	

Mix all ingredients in first column together and shape in little fingers. Heat fat for sauce and add sieved tomatoes (or pureed). Add meat fingers and let cook until sauce thickens. Serve with rice or mashed potatoes.

Rena G. Papadopoulos

EMBASSY OF THE HUNGARIAN PEOPLE'S REPUBLIC

PORK CUTLETS IN PAPRIKA SAUCE

1 3/4 lbs. pork cutlets	3 1/2 oz. lard
5 oz. onion	1 teaspoon salt
1 teaspoon paprika	1 tablespoon tomato puree
2 cloves garlic	1/4 teaspoon caraway seed
2 oz. green paprika	4 1/2 oz. fresh tomatoes
2 lbs. potatoes	1 teaspoon flour

Take the meat and divide into 10 slices; flatten slices slightly, score, and turn them lightly in flour. Fry cutlets quickly, then put them into a pan of suitable size. Fry the thinly sliced onions in remaining fat until yellow and add the paprika, the crushed garlic and the finely chopped caraway seed; then stir the whole well; put in the tomato puree, and adding a little water, boil for 1 to 2 minutes. Pour this gravy over the cutlets and stew them under a lid slowly until they are half-done. Then add the sliced potatoes, green paprika and tomatoes; pour on sufficient water to cover and salt slightly. Stew the whole until meat is tender. If fresh tomatoes and paprika are unobtainable, use 4 1/2 oz. of lecco.

SWEET CABBAGE

2 1/2 lbs. cabbage	1 oz. lard
2 oz. flour	2 tablespoons sour cream
1 teaspoon salt	1 oz. onion
A good pinch of caraway seeds	

Clean and dice cabbage and cook in boiling water with salt and caraway seeds. When it is tender, thicken with a roux of flour and lard made with finely chopped onions. Finally add the sour cream and boil again. Flavor with finely chopped fresh dill according to taste.

COTTAGE CHEESE FLAN WITH FRESH DILL

10 oz. flour	1/2 lb. butter
1 teaspoon salt	6 eggs
1 1/2 gill sour cream	2 lbs. sweet cottage cheese
A little chopped fresh dill	

Make a light dough of 6 oz. butter, a little salt, 2 eggs and sour cream. Roll out to finger's thickness, put into baking tin, shaping and trimming edges. Spread the following filling over it. Put 2 lbs. sweet cottage cheese through sieve. Mix it with 2 1/2 oz. butter, yolks of 4 eggs, a pinch of salt and finely chopped fresh dill. Fold 4 stiffly beaten egg whites into mixture. Brush top with sour cream. Bake it in a hot oven.

Istvan Venczel, Assistant Attache

EMBASSY OF JAPAN

BEEF SUKIYAKI

4 to 6 oz. beef (lean and fat)	1 1/2 oz. hakusai (Chinese lettuce)
1/3 cup tangle soup or dashi	1/2 piece (4 oz.) tofu
3 tablespoons shoyu	3 mushrooms
2 tablespoons sugar	1/3 bundle shirataki (fine vermicelli-like threads of gelatinous starch) (or thin macaroni)
1 teaspoon sake (or mirin, sherry, whisky)	1 egg
1 1/2 oz. spinach	
1 1/2 oz. Japanese leeks (or onions)	

Put a shallow thick saucepan on the fire; then put some fat in it when the saucepan becomes heated. Spread the slices of the beef over the bottom of the saucepan; turn over when they are roasted well. Add the tangle soup mixed with sugar, shoyu and sake. Gather the beef in one corner; add green vegetables and tofu. When they are boiled, pick out what you want and eat on a small dish, helping yourself.

According to your preference, beat a raw egg in a small bowl and eat the hot meat, dipping it in the egg. Add little by little the vegetables, meat, tangle soup, sugar and shoyu.

Note: It is nice to eat sukiyaki drinking sake, or to eat it with rice and eat boiled spinach in shoyu and pickled vegetables after it. Serves one.

BROILED CHICKEN
(Yakitori)

8 oz. chicken	2 tablespoons powdered Japanese pepper (or 2 teaspoons powdered ginger)
4 oz. entrails	
3 tablespoons sake	5 oz. daikon (Japanese radish or turnips)
2 tablespoons sugar	
3 tablespoons shoyu	

Cut the chicken and entrails into pieces (about a mouthful size). Spit them alternately on 12 bamboo spits.

Boil the sake, shoyu and sugar in a saucepan to make sauce.

Broil the spitted chicken over a strong fire; when they are broiled a little, dip them in the sauce you made before, and roast again. Repeat this three or four times. After broiling, sprinkle the powdered Japanese pepper or ginger over them.

Put two skewers of chicken on a medium-sized plate with grated daikon.

You may use Japanese leeks cut into one-inch long pieces instead of the entrails, or use entrails and leeks.

Eiji Inoue, Counsellor

EMBASSY OF THE FEDERAL REPUBLIC OF KOREA

VEGETABLE-SEASONED CUCUMBER

5 7cm long cucumbers

Soup

Mix-with

2 2/3 teaspoons crushed garlic
4 teaspoons chopped green onion
6 1/3 teaspoons hot pepper
1 1/4 teaspoons salt
1 1/3 teaspoons sugar

3 cups water
2 teaspoons hot pepper
1 teaspoon salt

Cut cucumbers, make crossed cut with 1 cm long edge, pickle with 5 teaspoons salt for 3 to 4 hours.

To prepare mix-with, mince garlic and onion finely. Mix with pepper, salt and sugar.

Wash cucumbers once in water. Put prepared mix-with into crossed cut.

Put mixed cucumbers into a pot, closely cover cucumbers unseen and put prepared soup over all.

MEAT & VEGETABLES WITH VERMICELLI

100 grams beef
70 grams bamboo shoots
50 grams celery
2 pieces green pepper
30 grams dried mushrooms
65 grams Chinese balloon flower
80 grams carrots
2 whole eggs
30 grams Chinese vermicelli

Mix-with

2 teaspoons salt
2 teaspoons parched sesame salt
3 teaspoons sesame seed oil
1/4 teaspoon black pepper
1 teaspoon green onion
1 teaspoon crushed garlic
1 teaspoon soy sauce
1 teaspoon pine nuts

Slice and sliver the above ingredients and mix with seasoning.

Keep Chinese vermicelli a moment in boiling water and cut into pieces. Then mix with the other ingredients.

Mrs. Chong Kyu Kim

EMBASSY OF THE POLISH PEOPLE'S REPUBLIC

MINCE MEAT WITH RICE IN CABBAGE LEAF

1 big head of white cabbage	<u>Sauce</u>
150 grams boiled rice	
300 grams pork or beef mince meat	40 grams fat or lard
1 big onion	30 grams flour
40 grams lard, oil, or shortening	30 grams tomato paste
10 grams dried mushrooms	water from the boiled cabbage
Salt and pepper to taste	

Wash the cabbage and put it in a big pan of boiling water. Boil it for 7 to 10 minutes. Remove it and cool. Remove carefully 10 outer leaves. (From the rest of the cabbage you can prepare a vegetable dish or use it for cabbage soup.) Boil the rice. Slice and fry the onion. Cool it.

Mix the raw meat with boiled rice and fried onion, adding salt and pepper to taste. Divide the meat mixture into 10 equal amounts and spread it on each cabbage leaf. Roll it into a neat form.

Lay a few cabbage leaves on the bottom of a roasting pan and arrange the rolls tightly, sprinkling with washed dried mushrooms. Pour over them boiled water; salt them, cover and cook slowly in an oven until soft, adding water if necessary.

Sauce: Melt the fat; add the flour and fry for a few minutes until gold. Pour enough cabbage water, boil it adding salt, pepper and tomato paste.

When the cabbage rolls are ready, pour the sauce over them. Serve with boiled potatoes.

CLEAR BEETROOT SOUP

1/2 kilo beef leg	few sprigs parsley
1/2 kilo beetroot	2 chicken cubes to taste
1 carrot	salt & pepper to taste
1 leek	garlic
few sprigs celery	vinegar or lemon juice

Boil the beef leg with the cleaned and whole vegetables in about 4 liters of water, to make a good bouillon. Simmer for 2 to 3 hours, adding salt, pepper and chicken cubes.

Meanwhile, clean the beetroot and peel. Grate them coarsely. They must be raw. Put them in a pan and cover with a little bouillon; add vinegar to taste. Boil slowly for 5 minutes. Sieve.

Add to the beetroot juice enough bouillon soup as needed. Add to taste: salt, pepper, garlic and vinegar and reboil for a few minutes.

Serve in individual soup cups with salted fingers or meat pates.

I. Musielak

EMBASSY OF THE UNITED KINGDOM

OSLO CASSEROLE

2 well-trimmed lamb chops
per person
1 large sliced onion
1/2 cup sliced celery

Sauce

1 teaspoon curry powder
2 dessertspoons vinegar
4 dessertspoons tomato
paste or ketchup
1 cup stock
2 dessertspoons brown sugar
1 teaspoon meat extract
Salt and pepper

Place cutlets in casserole, cover with sliced onions and celery. Pour over sauce and simmer in oven for two hours.

BAKED APPLES A LA BERYL GREY

Peel and core one large cooking apple per person. Roll in melted butter, then in fine bread crumbs. Stuff with:

1/2 cup ground almonds
1/4 cup sugar
2 tablespoons water

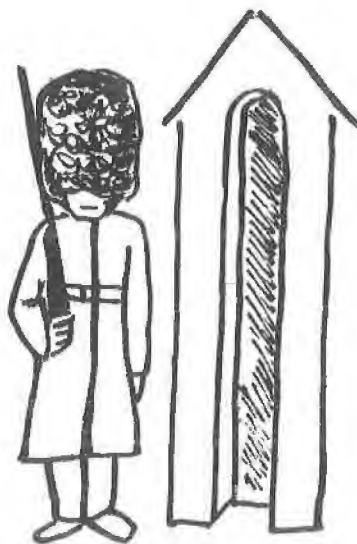
Bake in medium oven approximately 20 minutes.

Prepare sauce as follows: Combine:

1 tablespoon sugar
1 teaspoon vanilla essence
1 egg yolk

Stir into this mixture 1/2 cup hot milk. Return to heat, stirring constantly, until slightly thickened. Pour this thin sweet custard over apples.

Lady Ramsbotham



EMBASSY OF THE UNITED STATES OF AMERICA

HONEY ICE CREAM

1 3/4 cups heavy cream	1/8 teaspoon salt
1/3 cup light honey	1/2 teaspoon almond extract
Grated rind of 1 medium orange	1/3 cup toasted chopped almonds

Beat cream until slightly thickened. Gradually fold in honey and beat until the honey is well blended. Add grated orange rind, salt and almond extract. Freeze in the freezer or in a refrigerator tray, adding, when the cream is mushy, the toasted almonds. Serve in chilled dessert glasses or sherbet glasses, in well-chilled cantaloupe halves, or on slices of honeydew. Serves 5.

ALMOND ROLLS

2/3 cup canned slivered blanched almonds	1/2 cup granulated sugar
1/2 cup butter	1 tablespoon flour
	2 tablespoons milk

Several days or several hours ahead:

1. In electric blender container, grind the almonds, 1/3 cup at a time, turning them into a medium skillet. Butter two cookie sheets well, and sprinkle them with flour. Start heating oven to 350°F.

2. Add butter, sugar, flour and milk to nuts in skillet. Cook over medium heat, while stirring with a rubber spatula, until completely blended.

3. Then, on one of the cookie sheets, drop four widely separated mounds of cookie mixture (full measuring teaspoonfuls). Bake 4 to 6 minutes or until edges are golden. Meanwhile get the second sheet of cookies ready to bake.

4. Remove first cookie sheet from oven; let it stand a second or two, then, with a broad spatula, gently loosen the cookies.

5. With the left hand, quickly pick up farther end of one of the cookies, place the round handle of wooden spoon under it, then roll the cookie snugly around handle. Gently slip cookie from handle to wire rack to cool. Quickly repeat the rolling with the other 3 cookies.

6. Repeat steps 3, 4 and 5, washing, rebuttering and reflouring the cookie sheets until all are baked.

7. Almond rolls can be served with strawberries, but they're favorites any time! Leftover almond rolls keep a month or so if covered with plastic wrap and refrigerated. Recipe makes about 3 dozen.

Mrs. Joseph S. Farland

EMBASSY OF THE REPUBLIC OF VENEZUELA

HALLACAS
(Corn Pies)

Dough

2 lbs. white corn meal
8 oz. lard
2 eggs
1 tablespoon salt

Stuffing

3 lbs. roasting chicken
2 lbs. pork
1 large or 2 small tomatoes
1 cup chopped onions
Finely chopped parsley
Garlic
Black pepper
Cayene pepper
Pinch oregano
Crushed dried chilies
Pinch allspice
1 tablespoon small capers
1 cup whole olives
1 cup raisins

Thoroughly cook the corn meal with lard, eggs and salt. Let cool and knead until soft and smooth. Put aside for later use.

Cook chicken and pork until almost tender. Cut all meat in small pieces and mix with tomatoes, onions, parsley, garlic, black and cayene pepper, oregano, dried chilies, allspice. These spices are to be added in quantities to taste; there is no fixed rule. Add capers, olives and raisins.

Rinse fresh, de-veined banana leaves (if not available, use cooking paper). Grease with melted lard or liquid shortening. Spread a layer of the dough, about 6 inches by 10 inches, on the leaf. Place 2 or 3 tablespoons of stuffing on one side of the dough and fold over the other side, like a pie, with the banana leaf or cooking paper as an outer wrapping. Wrap with another layer of banana leaves or paper, and tie crosswise with a string to secure the "package" firmly. "Hallacas" are now ready for cooking. Boil about two hours in boiling salted water to cover. Serve piping hot.

Important: Only those hallacas which are to be consumed at once may be unwrapped. Keep others in original wrappings in refrigerator. Do not freeze them. Heat them in boiling salted water when ready to be eaten. This recipe yields 20 to 24 hallacas.

BLACK BEANS

Rinse well one pound of black beans and let soak overnight in 3 pints of water. Next day, cook in same water, adding three cloves of garlic and one sliced green pimento. When beginning to dry, add 1 tablespoon of olive oil and another 3 pints of water. Let boil until tender. Ham bone or ham pieces can be added for additional flavor. Add one tablespoon of sugar and one tablespoon cumin seed. Let simmer for another 10 minutes. When almost ready, season with one teaspoonful of salt. Serve piping hot with boiled white rice.

Persian Pleasures



PERSIAN PLEASURES

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MAST VA *KHIAR

2 medium-sized cucumbers	1 teaspoon salt
1 cup mast (yoghurt)	1/2 teaspoon pepper

Peel cucumber, cut in small pieces, add mast and seasoning. May be served as an appetizer or as a meal accompaniment.

ASH E RESHTE
(Noodle Soup)

1/2 lb. ground beef	1 cup noodles
1 small onion, grated	1/2 teaspoon pepper
1/4 teaspoon cinnamon	1/2 cup parsley, chopped
1/4 teaspoon pepper	
1/2 teaspoon salt	<u>Spicing of Soup</u>
4 to 5 cups water	1 tablespoon dried mint
1 1/2 teaspoons salt	1/4 teaspoon pepper
1/4 cup black-eyed peas	1/4 teaspoon cinnamon
1/4 cup lentils	

Put the meat in a bowl. Add grated onion, 1/4 teaspoon cinnamon, 1/4 teaspoon pepper and 1/2 teaspoon salt. Mix well and make meat balls the size of walnuts. Put the water in a 3-quart pot. Add 1 1/2 teaspoons salt and black-eyed peas and let cook for 15 minutes. Add meat balls, lentils, noodles, 1/2 teaspoon pepper and parsley and let simmer on a medium fire for about 35 minutes. Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the fire. Serves 5 or 6.

Nassrollah Islami's Persian Cookery

ESHKANEH
(Onion Soup)

5 tablespoons shortening	1/3 cup sugar
4 medium onions, sliced	2 eggs
3 tablespoons flour	
6 cups water	<u>Spicing of Soup</u>
1/2 teaspoon pepper	1 tablespoon dried mint
1 1/2 teaspoons salt	1/4 teaspoon cinnamon
1/2 teaspoon turmeric	1/4 teaspoon pepper
1/2 cup lime and lemon juice	

Melt shortening in a large pot. Add sliced onions and saute for 5 minutes. Dissolve 3 tablespoons flour in a cup of water and add it to the sauteed onions. Add 5 cups of water and seasoning and let simmer on a low fire for 35 minutes. Mix sugar and lime and lemon juice and add it to the soup and let simmer for another 10 minutes. Rub dried mint in the palm of your hands to make it powdery. Add cinnamon and pepper to the mint. Add this to the soup just before removing it from the fire. Beat 2 eggs and add it to the soup just before serving.

Nassrollah Islami's Persian Cookery

Persian

AB-DUQ KHIAR

3 cups yoghurt	2 sprigs summer savory
2 cucumbers	1/4 cup walnuts
3 young green onions	1/2 cup raisins
2 sprigs mint	1/2 teaspoon salt
2 sprigs basil	

Beat the yoghurt until smooth. Chop the cucumbers and greens fine and mix together. Clean the walnuts and raisins; chop. Mix all together and chill. This may be served as a summer salad or diluted and served as cold soup. By adding small pieces of bread or crackers just before serving, it also makes a good light lunch.

SALAD OLIVIER

7 eggs, hard boiled	2 cups cooked peas
7 large potatoes, boiled	Mayonnaise
1 large cucumber	1 tablespoon olive oil
2 cups chopped, cooked chicken	

Chop eggs and dice potatoes. Cut cucumber into small pieces. Add cucumber, chicken and peas to eggs and potatoes. Moisten with mayonnaise. When mixed, place in oiled mold. To serve, remove from mold and ice with mayonnaise as a cake. Garnish with radish slices and olive slices. Serves 20.

Behieh Ranjbar

KABAB E BARG (Shish Kabab)

3 lbs. fillet of lamb	1/2 teaspoon pepper
1/2 cup yoghurt	Butter
1 medium onion	Raw eggs
1 teaspoon salt	Raw onions
	Sumac

Remove the skin, tissue and fat from lamb, then cut in slices 1/2 inch thick and 2 inches long, flattening the pieces slightly on both sides. Chop the onion and add it to 1/2 cup yoghurt, together with the salt and pepper. To obtain best results, marinate the meat in this mixture for two days in the refrigerator.

Run the spit through the meat from the side, and broil over charcoal.

Serve with chelo, individual squares of butter and one raw egg yolk per person. (The butter and egg yolk are combined with the chelo on the individual plates.) Pass sliced or quartered raw onion and finely ground sumac.

CHELO

If you have any aspirations at all about cooking in the Persian manner, the very first thing you must do is learn to prepare a good pot of rice. This is the backbone of the Persian diet and quite a tricky job for the novice cook. This recipe is relatively fool-proof, so give it a try.

2 1/2 cups rice	2 tablespoons salt
1 1/2 tablespoons salt	1/2 cup melted butter
2 qts. water	

Wash rice three times in lukewarm water and then soak in cold water to which 1 1/2 tablespoons of salt have been added. Use enough cold water to cover the rice. Soak 1 or 2 hours or longer if time permits.

Boil 2 quarts of water to which 2 tablespoons of salt have been added.

Pour off the water in which the rice has been soaked. Add rice to the boiling water and boil it for 10 to 15 minutes. (Stir with spoon once or twice to prevent sticking).

Pour the rice and water into a strainer and rinse with lukewarm water.

Put 1/3 of the melted butter into the bottom of the pot in which you cooked the rice. Add 2 tablespoons of water to the butter in the pot.

Take a spoonful of rice at a time and put it in the pot, distributing it evenly. Allow it to mound into the shape of a cone.

Pour the rest of the melted butter over the rice, distributing it evenly.

Put paper toweling over the pot. Cover and put 2 or 3 dishtowels on the lid. Or, just wrap the dishtowels around the inside of the lid, replace lid and lay the ends of the dishtowels on top of the lid. Cook for 10 to 15 minutes on medium fire. Lower the fire and cook for 35 to 40 minutes on low fire.

If the rice is cooked at the right temperature, the rice will form a crust at the bottom of the pot which will become crisp and turn a golden brown, while the rest of the rice remains white. Most dedicated chelo eaters consider the crisp rice from the bottom of the pot a great delicacy much like the crisp part of a leg of fried chicken. There might be arguments about who gets it.

Put the pot in the sink filled with cold water for a few minutes before serving. This makes it easy to remove the crust and to wash the pot.

Chelo is served with various types of khoreshes or sauces. At chelo kabab restaurants, you will be served your chelo with a hole in the center into which has been put an egg yolk, then butter and the meat of the kabab with the whole thing sprinkled with a spice called sumac. At home, try serving your chelo with the butter, egg yolk and sumac alongside a lamb or pork chop or even a good old American T-bone. With a lettuce salad it's a dish fit for a king.

Nassrollah Islami's Persian Cookery.

Persian

KHORESH BADEMJAN (Eggplant Meat Sauce)

1 kilo lamb (approx. 2 lbs.)	1/2 teaspoon cinnamon
4 tablespoons fat	1 teaspoon tumeric
1 1/2 lbs. tomatoes, sliced	6 small eggplants
1/2 teaspoon salt	3 large onions, chopped

Cut meat into cubes; boil in 2 cups water and 2 tablespoons fat until water is absorbed and meat browned in the grease. Add tomatoes; cook until water is absorbed and tomatoes are browned. Add 4 cups boiling water, salt, cinnamon and tumeric. Cook slowly.

Peel eggplants. Cut in strips and fry in fat. Add to meat mixture. Simmer one hour. Fry chopped onions until well browned. Add to meat. Continue to cook everything slowly until tender and until all water is reduced to gravy consistency. Serve on rice.

Farooz Alibadi

KHORESH E FESSENJAN

1 lb. walnuts	Salt and pepper
2 tablespoons cooking fat	1 cup pomegranate juice
6 tablespoons chopped onion	1 cup sugar
1 lb. ground meat	

Heat the walnuts gently until the skins break or can be peeled off, then grind or pound until very fine. Melt one tablespoon butter, and when very hot, add 4 tablespoons chopped onions and the walnuts. Stir for two minutes, then add 3 cups of hot water. Cover and cook over a low fire for one-half hour. (Walnuts may also be cooked in pressure cooker about 15 minutes.)

Mix the ground meat with 2 tablespoons of chopped onions and salt and pepper to taste; shape into small balls. Fry until brown in one tablespoon fat, then add to the walnut mixture and cook for one hour over a low fire. Add the pomegranate juice and one cup of sugar. Cook until a layer of fat gathers on the surface. Serve with rice (chelo).

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In serving Persian foods, the rice (chelo) is served on a platter, and the sauce (khoreh) is served in a separate vegetable dish. Often more than one kind of sauce is served for guests to take their choice to add to the rice. Pilau refers to the rice which has vegetables and meat mixed in it while or just after cooking, and is served on one large platter.

KHORSH E PORTAGAL (Orange Sauce)

1 fryer (2 1/2 to 3 lbs.) cut up	1 large onion, finely chopped
4 tablespoons shortening	3 tablespoons butter
1/2 teaspoon poultry seasoning	1 tablespoon lemon juice
1 teaspoon salt	4 or 5 oranges (peeled and segmented)
1/2 teaspoon pepper	1/4 cup vinegar
1/4 teaspoon paprika	1/2 cup sugar
1 1/4 cups water	

Wash and prepare the chicken for roasting. Saute the chicken with seasonings in shortening until golden. Add water and let simmer on a low fire for 25 to 30 minutes.

Saute the onions in butter until golden; add lemon juice and let stand.

Peel oranges and segment them. Put them in a pan. Mix vinegar and sugar and add it to the oranges. Let simmer on a low fire for 15 minutes.

Arrange sauteed oranges and onions on the chicken. Add the sweet-and-sour sauce from the orange to the chicken. If you find this sauce sour, add sugar to taste. Let simmer for 15 minutes on a low fire. Serve with chelo. Serves 4 or 5.

Nassrollah Islami's Persian Cookery

TABRIZ MEAT BALLS

1/2 cup yellow split peas	1 teaspoon salt
3 cups water	1/2 teaspoon pepper
2 eggs, hard boiled	1/2 teaspoon cinnamon
1 lb. ground lamb or beef	1/4 teaspoon nutmeg
1 egg	1/2 teaspoon saffron
1 medium onion, grated	6 dried prunes
1 teaspoon lemon juice	1/4 cup water

Cook the split peas in 3 cups of water for 35 to 40 minutes or until they can be easily mashed. Peel the boiled eggs and put them aside.

Put the meat in a mixing bowl and add 1 raw egg, onion, lemon juice and seasonings. Strain the water from the cooked peas, mash well, and add to the meat mixture. Mix the meat mixture well. Divide the meat mixture into 2 portions. Make 2 big meat balls and put 1 whole hard-boiled egg and 3 prunes (seeded) in the center of each meat ball. Put the meat balls in a greased pan, add water, and bake in 350°F. oven for about 40 minutes. Serves 3 or 4.

Nassrollah Islami's Persian Cookery

Persian

KOOKOO SABZI (Green Omelet)

1 cup green onions
2 cups leeks
1 cup lettuce
1 cup parsley
2 cups spinach

1 1/2 tablespoons flour
1 1/4 teaspoons salt
1/2 teaspoon pepper
1/3 cup chopped walnuts
8 eggs
1/3 cup salad oil

Wash all vegetables well and chop finely. Put chopped vegetables in a bowl. Add flour, salt and pepper; mix well. Add walnuts. Beat eggs well. Add to chopped greens. Heat oil in a pan; add egg mixture. Cook in oven at 325°F. for 1 hour or in skillet.

Joan Dewart

ALBALU PILAU (Sour Cherry)

4 cups rice
Rock salt
3 cups pitted sour cherries
2 cups sugar

1 lb. lamb
2 tablespoons yoghurt
2 tablespoons cooking oil

Clean and wash the rice. Soak in water with lump of rock salt at least 24 hours. Wash cherries; bring to boil with 1/4 cup water and 2 cups sugar. Set aside. Cut lamb into 2-inch cubes. Cook in small amount of water; then brown.

Drain rice, pour into rapidly boiling water. Cook until slightly tender but not done. Remove from stove, drain, rinse with warm water. Put fat (2 tablespoons) and 1 tablespoon water into pot; bring to boil, pour off and set aside.

Pour 2 tablespoons yoghurt into large pot to coat bottom. Add layer of rice, layer of cherries, layer of meat alternately until ingredients are all used up. Return pot to fire; heat. Pour hot fat and water over rice. Tightly cover the pot with a "damkoni"*. Cook one hour. Do not open until ready to serve.

*"Damkoni" is a lid made of raffia, encased in a washable, removable cover to absorb the moisture when finally cooking the rice. If a "damkoni" is not available, wrap a clean cloth around the pot lid.

Joan Dewart

SABZI PILAU

5 cups uncooked rice, washed	2 sliced raw potatoes, or
2 lbs. chopped mixed greens (parsley, coriander, fenugreek, leek, or whatever is available)	2-3 slices white bread (or use "lavash," the paper-thin local bread)
1 1/2 lbs. stew meat (veal, beef, lamb, fish or fowl)	Vegetable oil
	Salt
	1/4 teaspoon saffron

Soak rice overnight in water to which 5 tablespoons salt has been added. Cook meat in water, adding 1 tablespoon oil and salt to taste. When tender, set aside.

Using large kettle, bring 15 cups water to boil and add drained, soaked rice. Cook until almost tender, approximately 15 minutes, then add chopped greens and cook one minute longer. Drain and set aside.

Place 5 tablespoons oil in a kettle; when hot, add 1 cup water (be careful of steam). When water boils, pour into separate container. Place 3 or 4 tablespoons oil in kettle, heat, and add sliced raw potatoes or bread to cover bottom of kettle. On top of this place one third of the rice mixture, add layer of meat and alternate with rice mixture until all is used. Then pour on oil and water mixture previously set aside. Mix saffron in a little water and sprinkle on top of sabzi pilau. Place a cloth or several layers of paper toweling on top of pan, then place pan cover on top of cloth. Cook about 30 minutes over low flame. When steam arises from cover, it is done. Serve at once. Serves 6 to 8 persons.

Soghra Rafizadeh

NANE PANGHEREH (Rosettes)

1 cup milk	1 cup flour
1/2 teaspoon salt	oil for deep frying
1 egg	

Combine milk, salt and egg. Stir slowly into the flour, then beat until smooth, by hand or with rotary beater.

Heat rosette iron* by dipping it into the heated cooking oil for about 30 seconds. Remove iron and shake off the excess oil; dip iron into the batter even with the top. No batter should go over top of the iron. Hold for 15 seconds. Then dip the iron back into the pan of cooking oil.

As soon as rosette shell is formed and begins to brown slightly, lift the iron and allow the shell to drop into the hot oil. When shell is browned on one side, turn it over and brown on the other. Drain on paper.

*A rosette iron is a cast iron flower or butterfly with a coat-hanger handle. In Tehran rosette irons can be purchased at the bazaars.

Iranian Cultural Studies Department, Tehran American School

Persian

DOLMEH BADEMJAN, FOLFEL E SABZ, GOJEH E FARANGI (Stuffed Eggplants, Peppers, Tomatoes)

4 tomatoes	1/2 cup rice
4 green peppers	2 lbs. ground lamb
4 eggplants	2 teaspoons cinnamon
2 lbs. parsley, dill, young	1/2 teaspoon pepper
onions, coriander, and leeks	2 teaspoons salt
in equal portions	2 tablespoons cooking fat
2 large onions, grated	

Wash the tomatoes, peppers and eggplants and hollow them out, saving the tops to be used as lids. Discard the eggplant and pepper seeds, but save those of the tomatoes as well as its juice.

Clean, wash, and finely chop the greens; then add the onions, the rice, which has been slightly cooked, the lamb and seasonings. Mix thoroughly, using the fingers.

Brown the eggplants, peppers and tomatoes, then fill them with the above mixture and the tomato juice. Cover with 2 cups of water and the fat. Cover and cook gently for about one hour, placing the peppers and the tomatoes at the top of the pot so they won't be crushed.

SOHAN ASSAL (Candy)

1 1/2 cups white chopped almonds	1/3 cup honey
1/2 cup sugar	Pinch saffron
1/2 cup butter	

Put all the ingredients together and cook over medium heat, stirring constantly. When slightly brown, drop a small amount of Sohan Assal with a teaspoon onto a greased tray. Decorate it immediately with chopped pistachio and serve when cool.

Iranian Cultural Studies Department Tehran American School

Dining Out



DINING OUT
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ARYA-SHERATON HOTEL

MARINATED HERRING
(Hausfransen Art)

A special dish to cure a hangover.

1 can matjes herring
1 apple, sliced
3 pickled cucumbers, sliced
80 grams yogurt
30 grams whipped cream

1 teaspoon chopped dill
1 tomato wedge
1 sliced egg
1 sprig parsley

Cut herring into cubes; mix with the apples and cucumbers, then yogurt. Fold cream into mixture with the dill. Arrange on a plate and garnish with tomato, egg and parsley. Serve with boiled potatoes. Serves 2.

Mr. Kent, Manager



RESTAURANT CHETNIK

CHICKEN PARISIENNE

1 breast of chicken, uncooked	Milk & cream
Salt & pepper	Gumbo file
Flour	Sage
Beaten egg batter	Fine herbs
Sliced mushrooms	Ground ginger
Minced onion	Paprika
Butter	

Flatten chicken breast to 1/8 inch by pounding. Salt and pepper, dip in flour, and then into egg batter. Place in pan or on grill to cook, using medium heat. In separate pan, place one handful of sliced mushrooms with small amount of minced onion. Saute mixture in butter over medium heat, being careful not to brown onions. When onions and mushrooms are cooked enough, push them to one side. Put a pat of butter in the same pan, add 1 teaspoon of flour and make a roux. Add small amount of milk and cream, stirring constantly, till sauce is smooth. Then stir in mixture of sauted onions and mushrooms. Let cook till it reaches desired consistency, stirring all the time. Add seasoning to taste: salt, pepper, gumbo file, sage, fine herbs and ground ginger.

When chicken is cooked, place in pan with sauce for a short time. Then place on plate, putting sauce on 1/2 of the breast then folding it over and covering folded breast with the rest of the sauce. Before serving, sprinkle small amount of paprika over sauce. Serves 1.

Mr. A. M. Abdoh, Manager



CITY RECREATION CENTER

BANANA PIE

Pastry

1 cup flour
3 tablespoons shortening
1 teaspoon vanilla
1/2 teaspoon salt
1/2 cup water

Topping

150 grams cream, whipped
4 spoonfuls sugar
Vanilla

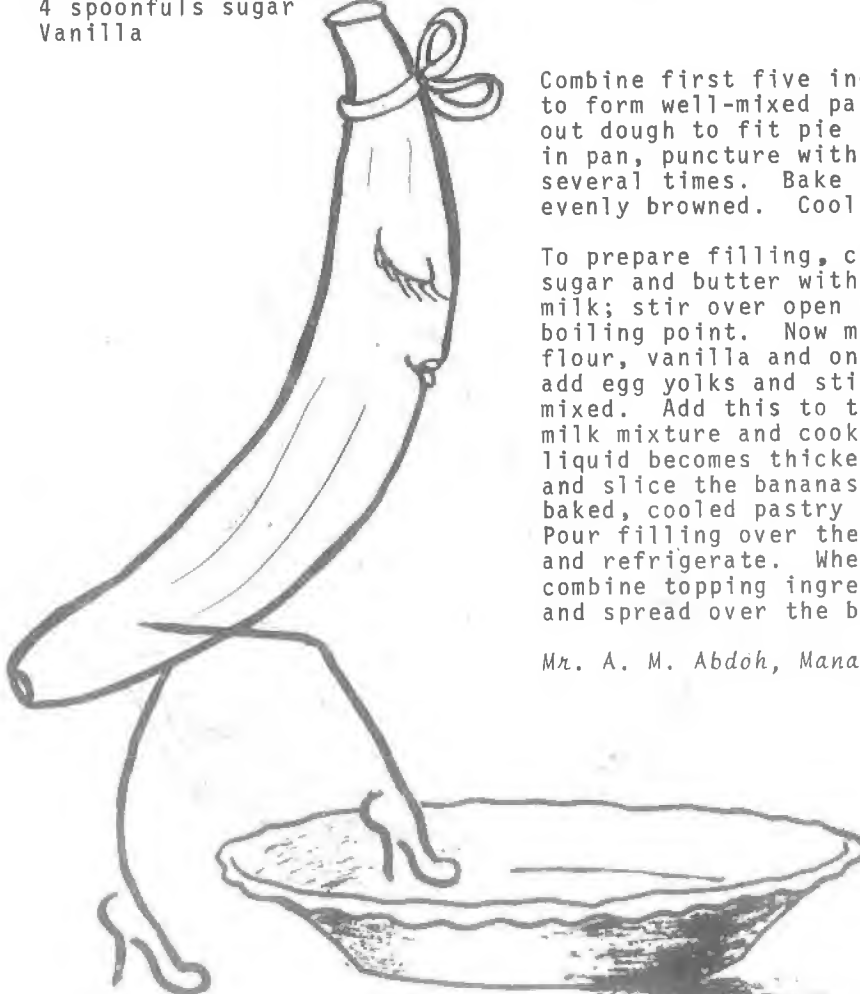
Filling

1 cup granulated sugar
50 grams butter
1 qt. plus 1 cup milk
1/2 cup corn flour
1 teaspoon vanilla
3 egg yolks
4 medium-sized bananas

Combine first five ingredients to form well-mixed pastry. Roll out dough to fit pie pan, place in pan, puncture with fork several times. Bake until evenly browned. Cool.

To prepare filling, combine sugar and butter with one quart milk; stir over open fire to boiling point. Now mix the corn flour, vanilla and one cup milk; add egg yolks and stir until well mixed. Add this to the boiled milk mixture and cook until liquid becomes thickened. Peel and slice the bananas into the baked, cooled pastry shell. Pour filling over the bananas and refrigerate. When cool, combine topping ingredients and spread over the banana pie.

Mr. A. M. Abdoh, Manager



INTER-CONTINENTAL HOTEL

FRIED CHICKEN WITH WHISKEY

1 chicken of 1,000 grams, or approx. 35 oz.	1 onion
100 grams (3.5 oz.) butter	1 large spoon butter, mixed with flour
1 glass whiskey	1 cube beef stock
150 grams (5 oz.) white mushrooms	250 grams (9 oz.) fresh cream
1 lemon	

Divide chicken into 8 parts. Put butter in pan; fry chicken until golden. Add the whiskey and let simmer for 5 minutes. Cut mushrooms in quarters; sprinkle juice of 1 lemon over them. Saute mushrooms in butter; add diced onion and saute until onion is golden. Add mushrooms to chicken with 1 glass water, beef stock and cream. Season with salt and pepper. Let simmer for approximately 30 minutes. Remove chicken from the pan; add butter and flour to juices in pan. Cook, stirring, until thickened, and serve over chicken.

Mr. Merrick, Manager



JORDAN'S RESTAURANT

CHARCOAL SHRIMPS

Large shrimps, 8 per person
Salt & pepper

Garlic butter
Drawn butter

Clean and devein shrimps. Season with salt and pepper just before cooking. Line the shrimps on the skewers and put them on cleaned charcoal (after smoke is gone and coals are glowing). Fire (cook over charcoal) for about 5 minutes, brushing with garlic butter for the last one minute of cooking. The butter should be just enough to not cause any flames from the charcoal. This will make the shrimp go black.

For serving, lay the shrimp in a plate with desired vegetables and have drawn butter in a small dish.

Mr. Gogol Jordan, Manager



LA RESIDENCE

APRICOT CAKE

Tart Pastry

150 grams flour
100 grams butter
100 grams sugar
2 eggs
Salt
Little milk

Fruit Filling

1 tin apricots (or 1 kilo
fresh fruit, cooked)
30 grams sugar
Pinch cinnamon
1 large macaroon, broken up

Streusel Topping

90 grams brown sugar
90 grams sifted flour
Grated peel of 1 lemon
6 soupspoons soft butter

Roll pastry and shape into baking dish. Drain apricots well. Reserve a few apricot halves for garnish; reduce remainder to a puree. Add sugar, macaroon and cinnamon. Spread over pastry in baking dish.



To prepare streusel, mix brown sugar, flour and lemon peel. Add butter in small pieces until the mixture becomes crumbly. Spread streusel over apricots. Bake for 15 minutes at No. 7, then lower temperature to No. 3 for 15 minutes. Before serving decorate with apricot halves.

Mr. Mostapha Modaress, Manager

MADAEN RESTAURANT

IRANIAN CHELOKEBAB FOR 5 PERSONS

Kebab

2 kilos mutton fillet
 300 grams onion, chopped
 10 skewers
 2 kilos charcoal

Rice

1 kilo first class rice
 (from northern Iran)
 1 kilo salt
 6 liters boiling water
 200 grams butter
 100 grams sumac
 5 eggs, separated

Remove any excess fat from the meat; add the chopped onion and mix. Leave the mixture 24 hours in the refrigerator to marinate. Cut the meat as desired and place on skewers, leaving in refrigerator till ready to cook. Fire the charcoal till it becomes very red. Put the skewers on the fire and fan them softly with a hand fan, all the while turning the skewers till all parts of the meat turn brown. Serve immediately.

Twelve hours before cooking the rice, clean it, and wash it until the water becomes clear. Put rice in a metal container and cover with water (level of water should be 4 cm. over the rice). Add salt and leave 12 hours. After this period, strain rice thoroughly, making sure no water is left. Bring 6 liters of water to a boil, add rice and boil uncovered till the rice is tender. Again strain rice, rinsing in 6 liters of tepid water (without salt) leaving it to rinse completely. Place 50 grams of butter in the bottom of the cooking pot; add the rinsed rice. Cover the pot with 3 or 4 newspapers and place a lid on the top. (The newspapers keep the steam from falling on the rice.) Cook the rice over a very low fire for 1 hour.



For serving, put on each plate 30 grams of butter and cover with rice. Take it with the hot kebab to the table. Sprinkle sumac over the rice and mix in a raw egg yolk.

Pickles and yogurt with shallot make excellent accompaniments with the Iranian Chelo kebab.

Mr. Ghothzadeh, Owner, Manager

PARS-AMERICAN CLUB

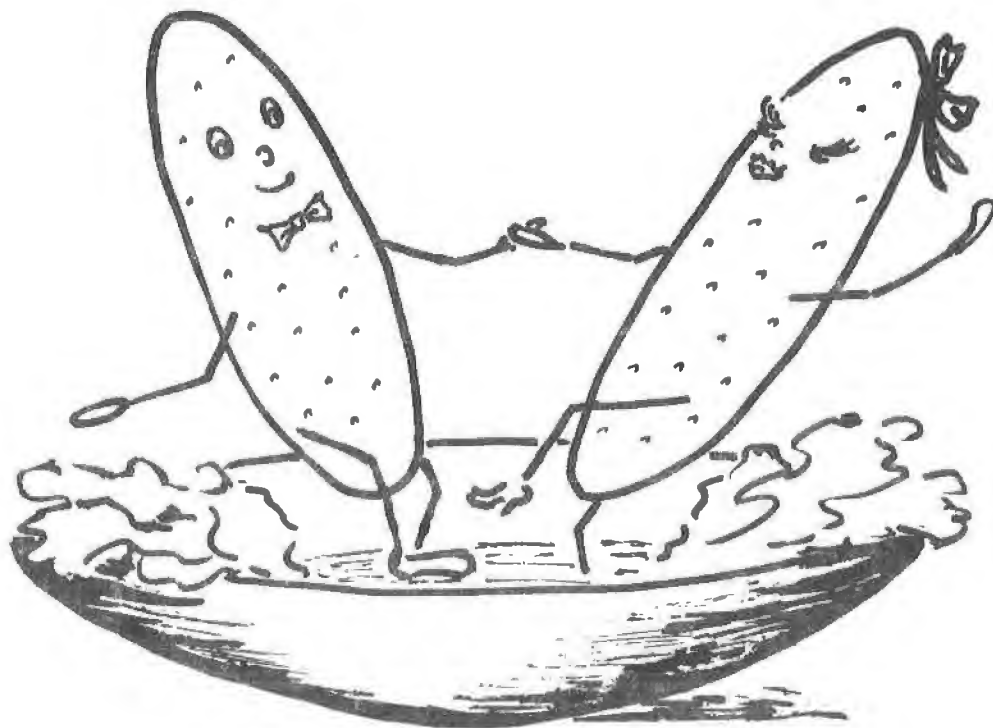
CUCUMBER SALAD

8 medium cucumbers
Salt & pepper
1 cup cream or Carnation
10% fat milk

1 to 2 tablespoons mustard
1 spoon dry white wine
Chopped parsley

Slice the cucumbers very thin. Add salt and pepper and let stay in a bowl for 10 minutes. Then squeeze the cucumber juice out and make dressing. Combine cream or milk with mustard and wine. Mix in blender and pour over cucumbers. Garnish with parsley.

Club Management



RAY'S MINI PALACE

SPANISH RICE

6 slices bacon, cut up	2 cups (1 lb.) cooked tomatoes
1/4 cup finely chopped onion	1 cup cooked peas
1/4 cup chopped green pepper	1 1/2 teaspoons salt
3 cups cooked rice or 1 cup	1/8 teaspoon pepper
uncooked or 1 1/3 cups	1 teaspoon paprika
precooked rice	1/4 cup grated cheddar cheese

In a large skillet: fry bacon until crisp; remove from skillet, draining off most of fat. Add onion and green pepper to remaining fat; cook over medium heat until onion is yellow. Add bacon and remaining ingredients; cook uncovered over low heat about 15 minutes, until flavors are blended and mixture is hot. Serves 4 to 6.

In the oven: heat oven to 400°F. (moderate oven). Fry bacon until crisp, draining off most of fat. Remove to 1 1/2 quart baking dish and whisk bacon around to grease dish. Add onion and green pepper to acon fat; cook until onion is yellow. Combine all ingredients in baking dish. Sprinkle grated cheddar cheese over top. Bake 25 to 30 minutes.

Mr. Ray Raissé



RAY'S PIZZA PANTRY

RAY'S SAVORY SPAGHETTI SAUCE

- | | |
|--|-----------------------------------|
| 1 lb. ground beef (or 1/2 lb. ground beef and 1/4 lb. ground pork) | 2 1/2 cups tomatoes (1 lb. 4 oz.) |
| 1 small onion, chopped | 2 cups water |
| 1 small green pepper, sliced | 2 teaspoons salt |
| 1/2 cup sliced ripe olives | 1 teaspoon oregano |
| 1 2-oz. can mushrooms, drained & chopped | 1/4 teaspoon pepper |
| 1 8-oz. can tomato sauce (1 cup) | 1 teaspoon Worcestershire sauce |
| | 6 drops tabasco |
| | 4 oz. long spaghetti or noodles |

Brown meat in large skillet over medium heat. Add onion, green pepper and cook 5 minutes. Add olives, mushrooms, tomato sauce and mix lightly. Stir mixture of tomatoes, water, salt, pepper, oregano, Worcestershire sauce and tabasco into meat mixture. Simmer about 40 minutes, stirring occasionally. Yields about 6 servings.

Ray Raissi



ROYAL TEHRAN HILTON

FRESH PORK LOIN SPANISH STYLE

1 1/2 kilos fresh pork loin	1/2 deciliter cream
1 onion, chopped	5 eggs
1/4 garlic clove, chopped	Timian
Parsley, chopped	Marjoram
40 grams butter	1 deciliter white wine
4 slices English bread	50 grams flour
Salt & pepper	200 grams bread crumbs
4 pepperonis	Oil
200 grams tinned mushrooms	

Take the bones of the pork loin and cut 300 grams of meat from the loin to be put aside. Cut the meat in slices from the side where the fat is; do not cut straight through, but leave 3 mm. so that the loin is still in one piece. Cook the chopped onion, garlic and parsley in butter. Mince the 300 grams of pork meat together with the slices of bread, pepperonis and mushrooms. Mix them with the cooked onions, garlic, parsley, salt and pepper, cream, one egg, timian and marjoram. Set aside to use as stuffing.

Sprinkle white wine, salt and pepper over the piece of pork loin already cut. Place the minced meat mixture between the slices of pork loin. Beat the remaining 4 eggs. Dust the stuffed loin with flour, dip in the beaten eggs, and roll in bread crumbs. Cook in oven with some oil for 90 minutes at 150°C. Serves 6.

Mr. Nagulgard, Manager



TEHRAN STEAK HOUSE

PEPPER STEAK SAUCE

2 tablespoons coarse peppercorns
2 cups prepared gravy

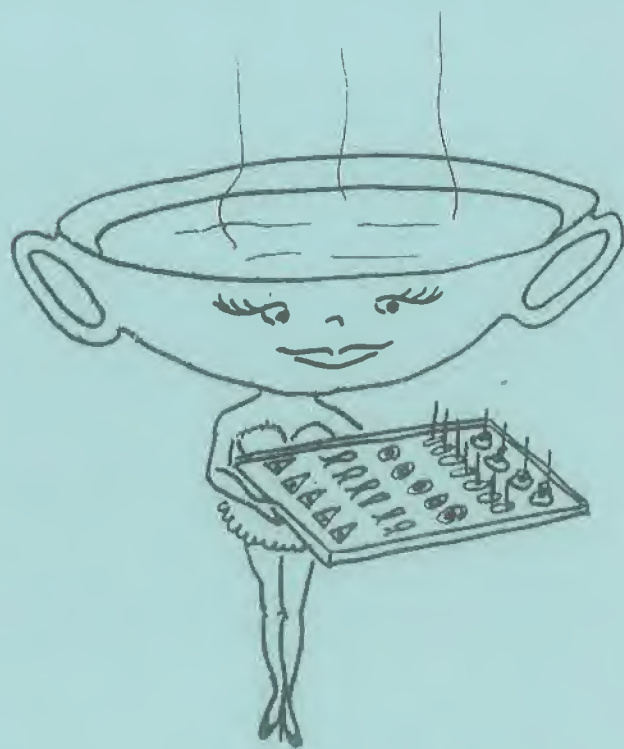
2 tablespoons potato flour
1 cup water

Beat peppercorns till coarsely mashed but not ground. Dissolve potato flour in water. Add flour mixture to gravy and boil until thick. Add peppercorns and simmer slowly. Yields enough sauce for 3 steaks. This sauce can be used on any cooked meat, not only steaks.

Mr. Sanjar, Manager



Good Beginnings



GOOD BEGINNINGS

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CEVICHE DE GUAYAQUIL

...then I made a deal
In Guayaquil,
To smuggle wine
Into Argentine.
But one night I met her
And like a fool I let her...

Damn it, that's another story!

Shrimp
Peppercorns
Salt
Bay leaf
Parsley

Fresh lime juice
Thinly sliced onion
Thinly sliced tabasco peppers
(or equivalent, so long as
they are hot)

Cook shrimp in salted boiling water with peppercorns, bay leaf and parsley for about four minutes or just until they turn pink. Drain and put in bowl in layers with onions and sprinkle with hot peppers; cover with lime juice. Marinate in ice box for 24 hours and serve chilled. A bowl of this the morning after will not only wake you up but will also cause your shirt to run up your back like a window curtain. (It should be served with cold beer.)

From the files of George Ellsworth

EGG AND CAVIAR APPETIZER

Cut slices of hard-cooked eggs. Take out the yolk and fill its place with caviar. Serve on crackers or small, round, thin slices of toasted bread. Sprinkle with the riced egg yolks (and minced onion, if desired).

Carole Weiblen

CAVIAR PUFFS

1/4 cup water
2 tablespoons butter
1/4 cup sifted flour

1 egg
Sour cream
Caviar

Heat water and butter to boiling. Add flour and dash of salt all at once. Stir vigorously with wooden spoon until batter forms a smooth ball. Remove from heat at once; cool slightly. Beat in egg. Drop by rounded teaspoonfuls, one inch apart on ungreased cookie sheet. Bake at 400°F. 30 minutes or until puffed and golden. Cool completely on wire rack.

When ready to fill, cut a thin slice from top and scoop out any soft center. Fill with sour cream; top with caviar. May also be served on top of soup as garnish.

Carole Weiblen

Appetizers

CHEESE-CORN CRISPS

- | | |
|-----------------------------------|--------------------------------|
| 1 cup yellow cornmeal | 1/2 cup grated Parmesan cheese |
| 2 tablespoons butter or margarine | 2 tablespoons grated onion |
| 1 teaspoon salt | Poppy, sesame or caraway seed |
| 1 cup boiling water | |

Preheat oven to 400°F. Grease large cookie sheets. In medium bowl combine cornmeal, butter and salt with boiling water. Stir in cheese and onion until well combined. Drop batter by 1/2 teaspoonful, 1 inch apart onto cookie sheets. With spatula, flatten each to a circle about 1 1/2 inches in diameter. Sprinkle with poppy seed. Bake 20 minutes or until golden brown. Partially cool on wire rack. Serve warm. May be reheated to regain crispness and flavor. Makes 4 dozen.

Margaret Rogers

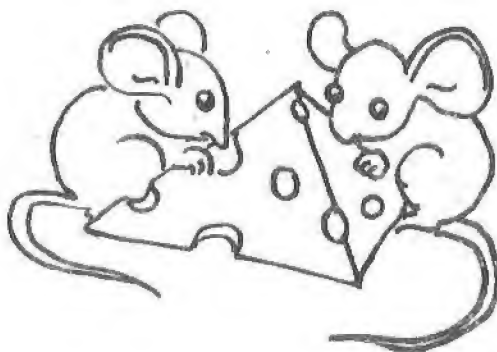
TANGY CHEESE WAFERS

- | | |
|---|---|
| 1 cup regular all-purpose flour | 1/3 cup butter or margarine,
softened |
| 3/4 teaspoon salt | 1 egg yolk |
| 1/2 teaspoon ginger | 1/4 cup toasted sesame seeds
(available at barberi bread
shops) |
| 1/2 teaspoon sugar | |
| 1 4-oz. pkg. shredded cheese
(Cheddar or similar), equals
1 cup | |

(About 45 minutes or up to several days before serving:) Into medium bowl, sift together dry ingredients and stir in cheese. With pastry blender, cut in butter or margarine until mixture resembles coarse crumbs. With fork, stir in egg yolk, toasted sesame seeds and 2 teaspoons cold water. Mix well and shape into a ball.

Preheat oven to 350°F. With floured rolling pin on well-floured board, roll out dough about 1/8" thick. Cut in 3" by 1" strips. Lift with pancake turner to ungreased cookie sheets. Reroll scraps. Bake 15 minutes or until wafers are lightly browned. Serve warm or cold. Makes about 48 wafers.
TO STORE: Keep in tightly covered container.

Donna Sisk



CHEESE BALLS

1 stick butter	1 cup flour
1/2 lb. cheese, grated	Dash tabasco sauce
1/2 teaspoon salt	

Mix all ingredients and shape into bite-size balls. Bake at 350°F for about 10 minutes. Serve hot. This mix can be refrigerated for several days and baked as needed.

Bert Luther

CHEESE COOKIE DISC

2 cups flour	Pecan halves
1/2 lb. grated cheddar cheese	Beaten egg
1/2 lb. butter	

Mix flour and butter. Add cheese. Mix with hands. Roll between wax paper 1/4 inch thick. Cut with small cutter about size of silver dollar. Brush tops with beaten egg and place pecan half on each. Bake at 400°F on greased cookie sheets for 12 minutes. When done, sprinkle with salt and remove at once. Makes 5 1/2 dozen. Can be frozen well.

Maydalen Siler

CHEESE DREAMS

1 lb. cheese, grated	White bread, unsliced
Dash tabasco sauce	Paprika
1/2 cup cream	Melted butter
Dash Worcestershire sauce	

Combine first four ingredients well. Cut very thin slices of white bread. Remove crusts. Spread a thin layer of mixture on slices, sprinkle with paprika, roll into blanket roll, brush with melted butter and sprinkle with paprika. Brown lightly in 400°F oven. Serves 30.

Margaret Rogers

CHEESE ROLL

1 lb. soft sharp cheddar cheese	3-4 cloves garlic, crushed
6 oz. cream cheese, creamed	1 cup crushed walnuts or pecans
1/4 cup Worcestershire sauce	Chili powder

Thoroughly combine all ingredients except chili powder and roll into a ball. Chill overnight and cover with chili powder two hours before serving.

Patricia Dudley

Appetizers

CHEESE LOG

3/4 lb. grated American cheese sharp	1/8 teaspoon pepper
1 3-oz. pkg. soft cream cheese	1 1/2 teaspoons Worcestershire sauce
1/4 teaspoon garlic salt	Chili powder

Thoroughly combine cheeses, salt and Worcestershire (to mix easily, use an electric mixer) and shape into two thin logs. On waxed paper sprinkled with chili powder, roll each cheese log thoroughly coating each with the powder; wrap; let ripen in the refrigerator. Make several days in advance for full flavor. Keeps well. Makes 1 lb.

Joann Stang

CHEESE GARLIC ROLL

1 lb. American cheese	1 cup ground pecans
2 3-oz. pkg. cream cheese	1 clove garlic

Grate cheese, then cream with cream cheese until smooth. Grind nuts and garlic and mix with cheese. After it is well mixed, roll into three rolls about 1 1/2 inches thick, then roll each in chili powder. Slice and serve on crackers.

This isn't too bad using local cheddar cheese or Velveeta, local cream cheese and walnuts.

Margaret Rogers

EGGPLANT APPETIZER

1 large eggplant	1 clove garlic, minced
3/4 cup olive oil	salt and pepper
2 hard cooked eggs, chopped	1/2 cup nuts
1 tomato, chopped finely	1/4 cup minced parsley

Brown peeled and sliced eggplant in oil. Chop cooked eggplant finely. Mix with egg, tomato, and garlic. Season with salt and pepper. Add nuts and top with parsley. Chill and serve with crackers or toast.

Peace Corps' Iran Cookbook

ESCARGOT

Buy frozen stuffed snails. Place in pie pan with one-half inch water, open side up. Bake in 400°F oven about 15 minutes. Serve hot with small forks or picks and with French bread to sop up the sauce.

Carole Weiblen

Appetizers

CLASSIC CHEESE FONDUE

12 oz. natural Swiss cheese cut in thin julienne strips (3 cups)	Dash freshly ground pepper
1 tablespoon all purpose flour	Dash nutmeg
1 1/4 cups sauterne	3 tablespoons dry sherry
1 clove garlic, halved	French bread or hard rolls, torn in bite-size pieces, each with one crust

Toss cheese with flour to coat. Rub inside of fondue cooker vigorously with cut surface of garlic. Pour in sauterne and warm just till air bubbles start to rise. (Don't cover or boil).

Remember to stir all the time from now on: add a handful of cheese; when melted, toss in another handful. After all cheese is blended in and is bubbling gently, stir in seasonings and sherry.

Spear bread cubes on long-handled forks and dip into cheese. (If fondue becomes thick, add a little warmed sauterne). Serves 5 to 6.

Maria Forsyth

BLENDER CHEESE FONDUE

8 oz. Gruyere cheese, diced (2 cups)	1/4 teaspoon nutmeg
2 cups dry white wine	1/4 teaspoon freshly ground pepper
1 lb. natural Swiss cheese, diced (4 cups)	1 clove garlic
1 1/2 tablespoons all purpose flour	French bread or hard rolls, torn in bite-size pieces, each with one crust

Place Gruyere cheese in blender container; cover and blend at high speed 20 seconds. Scrape down sides. Blend 10 seconds more or till cheese is in tiny bits; remove from blender.

Warm the wine without covering or boiling. Put 2 cups of Swiss cheese in blender along with flour, nutmeg, pepper and garlic. Cover; blend at high speed 20 seconds. Scrape down sides; blend 10 seconds more till cheese is in tiny pieces. Keeping blender at low speed, pour in warm wine and gradually add remaining 2 cups of Swiss cheese. Blend till smooth.

Pour wine-Swiss cheese mixture into sauce pan. Add the blended Gruyere cheese. Cook and stir over low heat till smooth and thick, about 15 minutes.

Pour into chafing dish; keep warm. Spear French bread cubes on forks and dip into the melted cheese. Makes 10 servings.

Maria Forsyth

Appetizers

ROSY CHEESE FONDUE

8 oz. sharp process American cheese, diced (1 1/2 cups)	1/2 cup condensed cream of tomato soup
2 oz. blue cheese (1/2 cup)	2 tablespoons sherry
1 teaspoon Worcestershire sauce	French bread cubes, toasted

In heavy sauce pan, combine cheese, Worcestershire sauce, and soup. Cook over low heat, stirring constantly, till smooth. Stir in wine.

Keep hot over warm water in chafing dish. Spear bread on forks; dip in cheese. Makes 1 cup.

Maria Forsyth

ASPARAGUS AND HAM STICKS

Cooked asparagus spears	Mayonnaise
Sliced ham	Ripe pitted olives

Spread ham slices with mayonnaise. Place one spear on each slice and roll up tightly. Cut into two-inch pieces and fasten each with a toothpick and black olive.

Carole Weiblen

FRIED MUSHROOM CANAPES

1 lb. mushrooms	1/4 cup olive oil or salad oil
1 or 2 lemons (depending on tartness desired)	Salt and pepper to taste
	1/2 teaspoon oregano

Pour olive oil into skillet. Add mushrooms which have been previously washed and stems removed, salt and pepper. Let cook on high heat until mushrooms wither a bit, then add lemon juice and oregano. Cover and continue cooking on low heat until done (10-15 minutes). Serve on melba rounds or any other canape base with a small caper and a tiny parsley leaflet for eye appeal.

Jenny Moore

LOW-CALORIE PICKLED MUSHROOMS

2 tablespoons vinegar	Artificial sweetener to equal
1/2 teaspoon salt	1 teaspoon sugar
Dash pepper	1/2 cup sliced mushrooms
2 tablespoons chopped onion	

Combine vinegar, salt, pepper, sweetener and onion. Add to mushrooms. Double the amounts for more mushrooms. Marinate at least 1 hour or preferably overnight. Also superb as a salad dressing and garnish.

Darlene Fink

PICKLED MUSHROOMS

1/2 lb. mushrooms	1 slice onion
2 cups boiling water	1 sprig parsley
2 teaspoons salt	1 bay leaf
2/3 cup vinegar, cider or wine	3 celery leaves (or 1 teaspoon
vinegar preferred	celery salt)
6 peppercorns	1/4 cup olive oil

Wash mushrooms. Cut stems even with caps. (Use stems for soup or a sauce.) Peel if skin is discolored. Slice very large mushrooms, leave others whole. Cover with water and salt, simmer 5 minutes and drain.

Combine vinegar, peppercorns, onion, parsley, bay leaf and celery leaves. Boil 10 minutes; pour over mushrooms. Cool. Add olive oil and place in tightly covered jar. Shake well. Refrigerate at least one day before serving. Drain.

Sandra Warren

MUSHROOMS ROYALE

(An appetizer or steak garnish)

1 lb. large fresh mushrooms	1 cup liver spread
1 tablespoon butter	1 tablespoon cream
2 teaspoons lemon juice	

Wash mushrooms, cut off stems, dry caps. Chop stems fine. Melt butter, stir in lemon juice, add mushroom caps and saute, turning several times, for 2-3 minutes. Remove to hot dish. Saute chopped stems in same pan. In small bowl mix liver spread and cream till smooth. Add cooked stems. Stuff into caps with teaspoon or through pastry tube. Garnish with pimento strips.

Carole Weiblen

BROILED MUSHROOM CANAPES

1 lb. mushrooms	1/2 cup melted butter
1 finely chopped onion	1 tablespoon oregano
1 teaspoon salt	Juice of 1 large or 2 small lemons
1/4 teaspoon pepper	

Wash mushrooms well and remove stems. Place on buttered baking dish top side down. Combine remaining ingredients and fill each mushroom cuplet with this mixture. Place in medium oven (350°F) and bake until done (about 30 minutes). Serve warm on toasted squares or other canape base.

Jenny Moore

Appetizers

PATE GLACE

1 env. unflavored gelatin	1 can Arzuman leberpastete
1/2 cup cold water	3 tablespoons mayonnaise
1 1/2 cups prepared beef bouillon (made with cubes)	1 tablespoon vinegar
	Dash onion powder

Soften gelatin in cold water. Heat bouillon to boiling. Remove from heat, add gelatin and stir till dissolved. Pour into 2-cup mold. Chill till firm.

Mix together leberpastete (liverwurst), mayonnaise, vinegar and onion powder. Chill. Spoon out center of jellied mold, leaving about 1/2 inch on all sides. Fill center with liverwurst mixture. Heat spooned out bouillon till melted. Carefully spoon over mixture in mold. Chill till firm. Unmold. Trim with greens and hard-cooked egg slices. Serve with crackers.

Carole Weiblen

LIVER PATE

1 can Arzuman's liver paste	1 tablespoon yellow mustard
1 small onion, chopped fine	1 teaspoon sweet relish (optional)

Mix all ingredients together. Spread on crackers or use as a dip.

Phyllis Ann O'Shaughnessy

PRONTO PUPPIES

1 egg	1/2 teaspoon dry mustard
1/2 cup milk	1/8 teaspoon pepper
1 cup Bisquick or basic mix	2 tablespoons corn meal (if you have it)
1/4 teaspoon paprika	1 lb. miniature frankfurters

Blend egg and milk. Stir in dry ingredients. Dip franks in batter. Fry at 375°F till light brown, 2-3 minutes on each side. Drain on paper towels. Serve on cocktail picks.

To reheat: Place in 400°F oven for 5 minutes. This is excellent as a make-ahead party recipe.

Carole Weiblen

PASTEIS BRASILEIROS
Brazilian Pastry with Meat Filling

Pastry

2 cups flour
1 teaspoon salt
1/3 slightly heaping cup
vegetable shortening
1 egg
1/4 cup iced water

Filling

1 finely chopped onion
1 lb. ground lean beef
1 clove garlic, finely chopped
Chopped olives

Sift twice the flour and salt. Add shortening and mix well with fork or pastry blender. Beat egg, add iced water; stir and add to above mixture. Slowly add additional water, enough for dough to hold together (as in pie crust). Form a ball and knead a few minutes till dough is smooth. Cover and leave in refrigerator at least one hour.

Meanwhile, prepare meat filling. Sauté onion, add beef and garlic and sauté till done and fairly dry. Add a few chopped olives.

Roll dough thin and cut out circles. Place some of prepared filling in circle, fold over and seal. Deep fry pasteis to an even light brown. Place on absorbent paper, keeping warm till time to serve. Piece of favorite firm cheese such as Swiss also makes a good filling. Pasteis may also be baked. They may be frozen before or after frying or baking.

Lucy Hoffmann

ONION TOASTED WALNUTS

1/2 lb. (2 cups) walnut halves or pieces
2 tablespoons butter or margarine
3 tablespoons dry onion soup mix

Spread walnuts on baking sheet and dot with the butter. Bake in moderate oven (350°F) stirring frequently, 15 to 20 minutes. Remove from oven and sprinkle with soup mix tossing lightly to coat. Spread on paper towels to cool.

Donna Sisk

ZIPPY TOASTED PUMPKIN SEED

1 can (14 oz.) pumpkin seeds	2 tablespoons grated Parmesan
2 tablespoons Worcestershire	or Romano cheese
2 tablespoons butter or margarine	Salt to taste

Mix all ingredients and put in jelly-roll pan. Toast in moderate oven (375°F) stirring every 5 minutes for 15 minutes or until toasted. NOTE: Seeds from fresh pumpkins can be used, if available. Toast unwashed seeds until golden brown.

Donna Sisk

Dips

BEAN DIP

2 1-lb. cans kidney beans	1/2 teaspoon salt
1/4 cup salad oil	1 1/2 teaspoons chili powder
1 cup grated cheddar cheese	

Drain beans, reserving liquid. Heat oil in skillet. Add beans, and mash with a potato masher. Add 1/3 cup bean liquid to help make a smoother mixture. Stir in cheese, salt and chili powder; cook, stirring, until cheese melts. Serve hot with corn chips. If mixture gets too stiff for dipping, add a little more bean liquid. Makes approximately 2 cups.

Margaret Rogers

EGGPLANT DIP

3 large eggplants	Lemon juice or powder
1 clove garlic	Oil of sesame
Salt	

Peel the eggplants, cut in chunks, and steam them until well-cooked. Mash with a fork. Crush garlic and add to eggplant. Add sesame oil and mix well. Add lemon juice or powder to taste. (Usually this dish is quite sour). Serve garnished with a bit of chopped parsley or the seeds of sour pomegranate. If you wish, before serving add 2 tablespoons of olive oil to taste.

Variation: For chick pea dip use recipe same as above, except that you substitute chick peas for the eggplant. To prepare the peas, soak them overnight or cook in a pressure cooker until very soft. Be sure to drain off the water from cooking.

Lebanon A. W. C. International Cooking School

SALSA FRIA MEXICAN DIP

4 cups tomatoes	2 teaspoons parsley
12-oz. can roasted and peeled green chilies	2 cloves garlic
2 teaspoons salad oil	1 teaspoon oregano
4 teaspoons wine vinegar	1/2 teaspoon basil
	Salt and pepper to taste

Peel and chop tomatoes. Chop parsley and garlic finely. Combine all ingredients. Makes 2 1/2 cups. Store in refrigerator. The longer you keep it, the better it tastes.

Susan Scott

CREAMY COCKTAIL DIP

1 cup sour cream	2 teaspoons finely chopped chives
1/2 cup catsup	1/2 teaspoon bottled steak sauce
1 tablespoon grated onion	1 teaspoon prepared horseradish

Combine all ingredients. Blend well. Refrigerate. Makes about 1 1/2 cups.

Margaret Rogers

DILL DIP

2 cups mast (yogurt)
 1 or 2 teaspoons dry dill weed
 1/4 to 1/2 teaspoon garlic powder

Mix and refrigerate at least 30 minutes to allow flavors to blend. Good for chips, etc.

Dot Hayes

ITALIAN DIP

1 1-1/2 oz. pkg. spaghetti sauce	1 teaspoon Worcestershire sauce
mix	1/2 teaspoon garlic salt
1/2 pint sour cream	

Combine all ingredients in a small bowl. Chill 30 minutes. Serve with vegetable dippers. Makes 1 cup.

Margaret Rogers

VEGETABLE DIP

1 env. dry vegetable soup mix	1/2 teaspoon curry powder
1 pint sour cream	1/2 teaspoon cider vinegar

Combine soup mix, sour cream, curry powder and vinegar. Cover and refrigerate at least 2 hours. Makes 2 cups.

Margaret Rogers

Dips

SPRING DIP

1/4 cup heavy cream	1/4 cup finely chopped green pepper
2 cups creamed cottage cheese	6 radishes, sliced very thin
1/4 cup grated raw carrot	Dash freshly ground black pepper
1/4 cup thinly sliced green onions	Dash dill weed

Stir cream into cottage cheese. Add remaining ingredients and mix well. Refrigerate. Makes about 3 cups.

Margaret Rogers

SHRIMP DIVINE DIP

1 3-oz. pkg. cream cheese softened	1 pkg. (5/8-oz.) Italian Salad Dressing Mix
1 cup dairy sour cream	2 tablespoons finely chopped green pepper
2 teaspoons lemon juice	1/2 cup finely chopped shrimp

Combine, chill one hour. Makes 1 2/3 cups dip.

Donna Sisk

SHRIMP DIP

1/3 cup cream	Dash Worcestershire sauce
2 teaspoons lemon juice	3/4 cup chopped shrimp
1/4 teaspoon onion juice	1 8-oz. pkg. cream cheese

Cream all ingredients.

Margaret Rogers



BEAN SOUP

2 cups dried navy beans	1/2 cup sliced onion
6 cups water	1 cup canned or fresh tomatoes
1/2 cup chopped celery	1 teaspoon salt
1/2 cup chopped carrots	1/2 cup olive oil (or good cooking oil)

Soak beans overnight in water to cover. The following day, place all ingredients except oil in covered saucepan, and simmer for 1 hour. After simmering add olive oil. Continue cooking until beans are tender. Serve in soup bowls. Serves 4-5.

If baked casserole dish is desired, after adding olive oil, pour into baking dish and bake for 1 hour, or until beans are tender, in 350°F oven.

Jean Howard

CABBAGE SOUP FOR DIETERS

1 46 ounce can tomato juice	2 cubes beef bouillon
7 tablespoons lemon juice	1 teaspoon liquid artificial sweetener
2 tablespoons minced onions	
1/2 cup water	1 small head of cabbage, shredded

Combine tomato juice, lemon juice, onion, water, bouillon and sweetener and bring to a boil. Add shredded cabbage and cook for one hour, uncovered.

Darlene Fink

COLD CUCUMBER SOUP

4 tablespoons butter	1 sprig fresh parsley
2 large cucumbers	Salt
3 large onions	Pepper
2 cups double-strength chicken bouillon	2 oz. heavy sweet cream
	Parsley flakes

Melt butter in saucepan. Peel cucumbers and slice thin. Dice onions. Add cucumbers and onions to melted butter and saute until tender (about 5-10 minutes). Add bouillon and fresh parsley. Cover. Reduce heat and simmer for 20 minutes. Add cream. Pour soup into blender; puree. Add salt and pepper to taste. Refrigerate and chill for at least 5 hours.

Just before serving, beat with a wire whisk or a fork until some foam appears on top. Serve sprinkled with parsley flakes. Serves 6.

Kim Caplinger

MINESTRONE

1 cup dried kidney or white beans	3 stalks celery with leaves, diced
2 cups bouillon	1 cup diced raw potatoes
6 cups water	2 tablespoons olive oil
1 large onion, chopped	1 cup cooked macaroni in 1/2" bits
1 clove garlic, minced	Salt and pepper to taste
3 large carrots, finely diced	1 cup cooked tomatoes

Place beans, bouillon and water in large kettle and cook 3-4 hours or until quite tender. (In Tehran, I suggest soaking beans overnight before you cook.) Sauté onion, garlic, carrots, celery and potatoes in olive oil. Add vegetables to beans and cover kettle. Cook slowly 30 minutes, stirring often. Add macaroni, seasonings and tomatoes. Simmer 15 minutes. If thinner consistency is desired add more bouillon. Serves 10.

Jean Howard

LOW-CALORIE MUSHROOM SOUP

1/2 cup mushrooms, sliced	1 cup water
2 tablespoons water	1 cube beef bouillon
1/3 cup dry milk	Salt and pepper to taste

Stew mushrooms in a little water. Mix all ingredients in blender at high speed; then heat. One small can of mushrooms with juice and be substituted.

Darlene Fink

GOURMET POTATO SOUP

3 cups diced potato	1/4 teaspoon salt
1/2 cup diced celery	2 cups milk
1/2 cup diced onion	1 cup sour cream
1 1/2 cups water	1 tablespoon all purpose flour
1 tablespoon chicken-flavor gravy base or 3 chicken couillon cubes	Fresh or dried chives

In large saucepan, combine potato, celery, onion, water, gravy base or bouillon cubes and salt. Cover and cook till vegetables are tender, about 20 minutes. Add 1 cup of the milk; heat through. In medium bowl, blend sour cream and flour and about 1 tablespoon chives; gradually stir in the remaining 1 cup milk, pour about one-third of hot potato mixture into sour cream mixture; return to saucepan. Cook and stir till thickened. Garnish with parsley. Makes 6 to 8 servings.

Donna Sisk

PARSNIP SOUP

1/2 lb. sliced bacon	2 cups milk
1 lb. fresh parsnips	1/2 teaspoon nutmeg
2 (10 1/2 oz.) cans condensed	1/4 teaspoon pepper
cream of potato soup	2 tablespoons lemon juice

Cut bacon into 1" pieces. Fry in covered skillet; stir frequently until crisp. While bacon cooks, peel parsnips and cut into 1/4 inch slices. Remove bacon bits to paper towel, leaving 2 tablespoons fat in pan. Add parsnips and saute until soft. Remove from heat. Stir in condensed soup, milk, nutmeg and pepper. Bring to boil, stirring frequently. Reduce to simmer. Before serving add lemon juice and sprinkle with bacon bits.

Donna Sisk

CHICKEN SOUP

2 cups chicken broth	1/2 teaspoon Tabasco sauce
2 cups water	1 tablespoon red bits pimento or
1 diced onion	pepper
1 tablespoon dried celery bits	1/2 cup rice or broken 1-inch
1 tablespoon dried parsley bits	pieces spaghetti

Combine first seven ingredients and bring to a boil. Add rice or broken spaghetti and cook 20 or 30 minutes. Add more water if needed.

Dura Clarke

GREEK FISH SOUP WITH EGG AND LEMON

2 lb. fish, boneless, cut in	8 cups water
pieces	1/2 cup olive oil
3 medium potatoes, peeled and	1. teaspoon salt
cubed	1/2 teaspoon pepper
1/2 cup sliced onion	2 eggs, separated
1 cup diced carrots	1/4 cup lemon juice
1 cup diced celery	

Combine all ingredients except eggs and lemon juice. Simmer together for 1 hour. Beat egg whites until soft peaks are formed. Add egg yolks and lemon juice; continue beating. Combine egg mixture with a few tablespoons of soup, then pour slowly into hot soup. Serves 6.

Jean Howard

Soups

LENTIL SOUP

6 slices bacon, chopped	Ham hock
3 tablespoons flour	Salt to taste
2 cups dried lentils	1 medium onion

Soak dried lentils overnight. The following day, fry bacon in shortening. Add flour, lentils and 5 cups water. Put ham hock and salt, the amount of salt depending on the salt content of bacon and ham, in pressure cooker. Add onions, chopped fine. Add bacon and flour mixture, close cooker and cook 45 minutes after it comes to pressure.

Jean Kliever

PEA AND CURRY SOUP

2 tablespoons soft butter	1/2 cup milk
1 tablespoon flour	1 1/2 cup cooked peas
2 1/2 cups rich chicken stock	1 1/2 teaspoon curry powder
1 chicken bouillon cube	Salt to taste

Put butter, flour and chicken stock into blender, cover and blend until smooth. Empty into saucepan. Put remaining ingredients into blender, cover and puree until smooth. Pour into saucepan and mix well with chicken stock mixture. Simmer until thick, stirring constantly. Serves 8.

Jean Howard

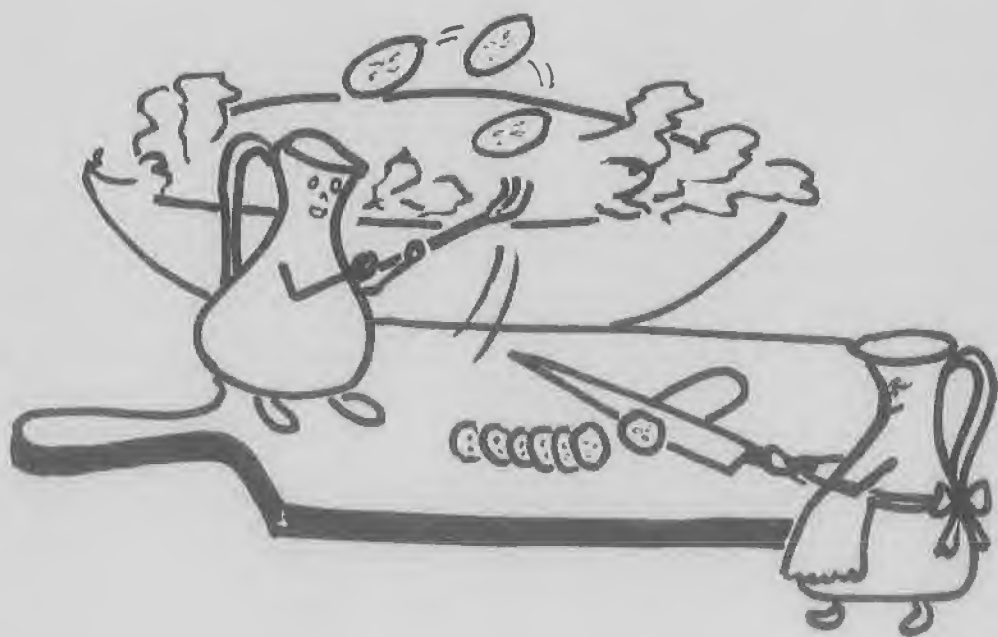
WINTER SQUASH SOUP

3 pkg. (12-oz. size) partially thawed squash	Salt
2 1/2 cans (10 1/2-oz. size) condensed chicken broth, undiluted	Pepper
	1 cup heavy cream
	Nutmeg

In a 3-quart saucepan, cook squash over low heat, stirring frequently, until liquid has evaporated and squash is dry--about 15 minutes. Add chicken broth, 1 1/2 teaspoons salt and dash pepper. Bring to boiling over medium heat and cook, stirring occasionally, until smooth and well-combined. Over low heat, stir in 1/2 cup cream, blending well. Taste for seasoning. Meanwhile with rotary beater, beat rest of cream until stiff. Serve soup very hot from a tureen and garnish each serving with a spoonful of whipped cream and dash of nutmeg. Serves 10.

Jean Howard

Salads so Pretty and Relishes Too



SALADS SO PRETTY & RELISHES TOO

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SWEET AND SOUR CUCUMBER SALAD

This salad was invented by the ancient Vikings as an aphrodisiac; it is the main reason why Denmark has such a small population.

Cucumbers
Salt
Vinegar

Sugar
Black Pepper

Slice unpeeled cucumbers paper thin (it's better to do it with one of them slicers on the side of a grater) and put in layers in bowl. Sprinkle layers with salt and put in refrigerator for about one hour. Take out of bowl and squeeze water that might be left in cucumbers. Put back in bowl with vinegar (cut with water if too strong) and sugar to taste. Serve with freshly ground black pepper. This salad will keep for a couple of weeks in the refrigerator.

From the files of George Ellsworth

EGGPLANT SALAD

1 large eggplant
1 small onion, chopped
1/2 teaspoon vinegar

1/2 cup olive oil
Salt and Pepper

Bake eggplant in 350°F. oven for 1 hour. Remove skin and chop. Combine with rest of ingredients. Garnish with parsley or tomato slices.

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EGGPLANT SALAD

3 to 4 large eggplants
1 large green pepper, chopped
1 large tomato, chopped
Fresh parsley, chopped
1 large clove garlic, minced

1 teaspoon salt
1 cup olive oil
2 tablespoons vinegar
Juice of 1 lemon

Pierce eggplant and bake at 450°F. for about 20 minutes. Let stand for a few minutes, then peel and take out the seeds. Chop and put into bowl, drain from time to time as you mix other ingredients.

Mash garlic with salt. Mix together olive oil, vinegar and lemon juice. Add to the drained chopped eggplant the vegetables, garlic and liquid mixture. Place in refrigerator until ready to serve. Serves 12.

Theresa Kinser

Salads

ORANGE-ONION-BEET SALAD

Fresh oranges
Onion

Beets, cooked
Watercress or fresh mint

Peel oranges and slice crosswise. Alternate slices of orange with rings of onion and slices of beet on lettuce bed. Garnish with sprigs of watercress or fresh mint. Serve with fruit salad dressing

Jean Howard

CUCUMBER IN MAST

2 medium cucumbers
pared and sliced thin
1 cup mast
3 tablespoons minced onion

1 tablespoon minced mint
2 tablespoons lemon juice
Salt and Pepper

Mix ingredients and serve chilled.

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SAUERKRAUT SALAD

3 1/2 cups (No. 2 1/2 can) kraut
1 chopped onion
2 bell peppers
3/4 cup chopped celery
1.4-Oz. jar pimento

Dressing

1/2 cup oil
1 cup sugar
2/3 cup cider vinegar
1/2 cup water

Drain the sauerkraut and chop the vegetables. Combine kraut and vegetables, cover with dressing. Let this set in refrigerator for one or two days.

Patricia Dudley

SWEDISH SLAW

1 head of cabbage, finely
shredded
1 teaspoon salt
1 teaspoon mustard seed

1 cup vinegar
1 teaspoon tumeric
1 cup sugar

Boil sugar, spices and vinegar together about 5 minutes. Immediately pour over cabbage. Chill. Good as soon as it gets cold, better the next day, best after another day or two. Thinly sliced green pepper and/or onion add variety.

Sara S. Shipley

SALAD A LA VALENCIANA

- | | |
|--|--|
| 1 thick slice French bread | 1 medium onion, thinly sliced,
separated into rings |
| 1 large clove garlic | 10 to 12 pimiento-stuffed olives,
sliced |
| Romaine and Boston lettuce | 1/4 cup olive oil |
| 3 large navel oranges, peeled
and sectioned | 2 tablespoons red wine vinegar |
| 1 4-oz. can pimientos, cut in
slim strips | Salt & freshly ground pepper |

Rub the lightly toasted French bread with the garlic clove, break into crumbly pieces and add to the salad bowl. Break washed, crisped salad greens into bite-size pieces with fingers. Combine in salad bowl with orange sections, pimientos, onion, olives and olive oil. Toss thoroughly. Add salt and pepper. Add vinegar, toss again. Serve at once.

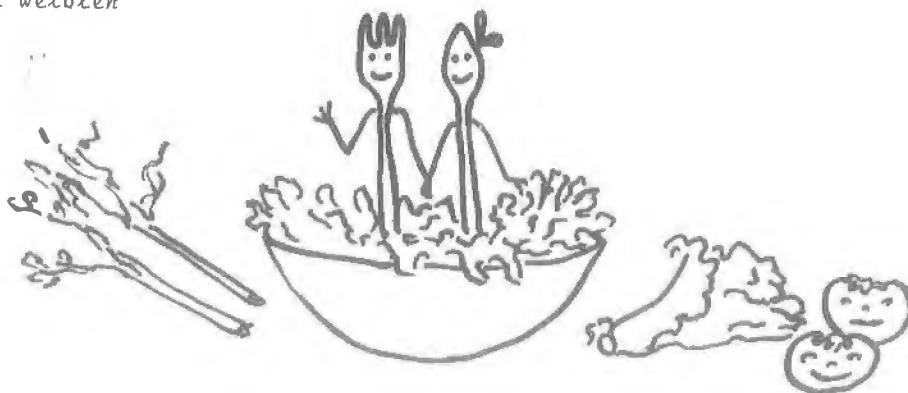
To make in advance: Combine oranges, onion, pimientos, oil and vinegar. Add to remaining ingredients at table.

SALADE NICOISE

- | | |
|---|--------------------------------|
| 1/2 lb. fresh whole cooked
green beans | <u>Dressing</u> |
| 2 green peppers, thinly sliced | 6 tablespoons olive oil |
| 1 onion, thinly sliced | 1 1/2 tablespoons wine vinegar |
| 2 tomatoes, in wedges | 1 1/2 teaspoons salt |
| 2 hard boiled eggs, quartered | 1/2 teaspoon pepper |
| 1 small can chopped anchovy
fillets | 1 tablespoon dry mustard |
| 1 cup tuna, drained & chunked | 1 tablespoon lemon juice |
| Olives, green and black | |

Pile first eight ingredients into glass bowl. Combine well the dressing ingredients. Pour over mixture in salad bowl. Toss well. Refrigerate an hour or so. Serves 8.

Carole Weiblen



Salads

APPLE AND HAM SALAD

8 pared tart apples	1/2 cup mayonnaise, or
2 tablespoons lemon juice	salad dressing
2 cups cubed, cooked ham	1/4 cup light cream or milk
1 cup diced celery	1/2 cup crumbled blue cheese

Make balls from the apples using a melon ball cutter. Sprinkle with lemon juice. Combine with ham and celery. Blend mayonnaise and cream. Add to apple mixture and toss. Sprinkle with blue cheese. Serves 8 to 10 persons.

Donna Sisk

SHRIMP-WALNUT SALAD

1 1/2 cups cooked, cleaned shrimp	1/2 cup mayonnaise
1 cup sliced celery (optional)	1/4 cup Italian style salad
1/2 cup chopped walnuts	dressing
1/4 cup sliced stuffed olives	Salt & lemon juice to taste
1/2 teaspoon minced onion	Salad greens
	Pineapple slices

Combine all ingredients but salad greens and pineapple; refrigerate a short time. Serve on greens and garnish with halved pineapple slices. Serves 4.

Sandra Warren

CAVIAR AND CUCUMBER SALAD GARNISH

Cucumber	Caviar
Tomatoes, sliced thick	Mayonnaise
Hard-boiled egg yolk	

Peel a large firm cucumber; cut into one-inch slices. Scoop out center. Put each piece on a thick slice of tomato and fill center with riced egg yolk and caviar mixed with mayonnaise.

Carole Weiblen

SPICED PEACHES

1 large can peaches	1 cup sugar
1/2 cup vinegar	Little cinnamon (1/2 teaspoon)
1 teaspoon ground cloves	or half cinnamon stick

Drain peaches and use half the juice and combine with other ingredients except peaches. Bring to a boil and boil 5 minutes. Add peaches and marinate for several hours.

Jean Howard

APPLE SAUCE

2 1/2 lbs. cooking apples
1 cup water
1/2 cup sugar

1 tablespoon lemon juice
Nutmeg or cinnamon

Wash, peel, quarter and core apples. Add water; cook until nearly soft. Add sugar and more water, if necessary. Also add lemon juice and spice. Cook a few minutes longer. Press through strainer or put into blender. Cool well and serve.

POMEGRANATE SALAD BOWL

6 cups broken, mixed salad greens Dressing
1 large cucumber, scored and
 sliced thinly
Seeds from fresh pomegranate

1/4 cup oil
1/8 cup lemon juice
1/2 teaspoon salt
1/2 teaspoon sugar

Place greens in large bowl. Arrange cucumber slices overlapping in ring on top; pile pomegranate seeds in cone in center. Drizzle dressing over salad. Before serving toss lightly till evenly coated.

Carole Weiblen

WATERMELON BOAT

1 large, nicely-shaped watermelon
1 Persian melon
Fresh mint

With a sharp knife cut watermelon lengthwise about 3/4 up in zig-zag design all the way around. Remove top of melon. Using ball maker, scoop out melon meat and reserve in bowl. Remove seeds.

Cut Persian melon in half and remove seeds, make balls again.

Refill watermelon boat with a mixture of both kinds of melon balls. Garnish with fresh mint. Serve cold with Watermelon Cookies.

Carole Weiblen

FRUIT SALAD GARNISH

For an attractive garnish, roll cream cheese balls in finely chopped pistachio nuts.

PARTY GELATIN SALAD

Make the day before the party using angel food cake pan. Use four packages of gelatin. In the bottom of the pan spoon enough gelatin to have one-half-inch layer. When this has hardened, press down into it walnut halves, orange sections or pineapple wedges, making a design. Gently spoon another layer of gelatin to cover the fruit and refrigerate until solid. Add more gelatin and diced fruits or shredded vegetables until the mold is full. Refrigerate overnight. To unmold, run a knife around the edge and then set in hot water in the sink and count to four. Lift out and invert over a large round tray lined with fresh lettuce. Refrigerate until serving time, preferably within an hour.

Dura Clarke

VEGETABLE SALAD

- | | |
|--|------------------------|
| 7 cups shredded cabbage (not too fine) | 1 teaspoon salt |
| 1 green pepper, chopped | 1/2 cup oil |
| 1 red pepper or small jar pimientos, chopped | 3/4 cup sugar |
| 1 medium onion, chopped | 1/4 cup vinegar |
| 2 carrots, chopped | 1/2 cup water |
| | 1 teaspoon celery salt |
| | 1 pkg. lemon Jello |

Mix together cabbage, green pepper, red pepper, onion, carrots and salt. Pour oil over mixture; let stand while you mix and bring to a boil the sugar, vinegar, water and celery salt. Dissolve in this the lemon Jello and let cool until syrupy. Pour over chopped vegetables; cover and place in refrigerator. This salad will keep for a week or more, even improving in flavor by the end of the week. Serves 8.

Alleen Bettis

VEGETABLES IN SOUR CREAM (A congealed salad)

- | | |
|---|---|
| 1 pkg. (3 oz.) lemon or lime Jello | 3/4 cup diced celery |
| 2 bouillon cubes | 1/2 cup thinly sliced radishes |
| 1 cup boiling water | 1/2 cup peeled and thinly sliced cucumbers (may be diced) |
| 1 cup sour cream | 1/4 cup green pepper strips |
| 2 tablespoons tarragon vinegar (or 2 tablespoons cider vinegar and 1/2 tablespoon chopped fresh tarragon) | 2 tablespoons thinly sliced scallions |
| Dash pepper | 1/2 teaspoon salt |

Dissolve Jello and bouillon cubes in boiling water. Chill until very thick. Add remaining ingredients. Pour into a 1-quart mold or individual molds. Chill until firm. Makes 6 to 8 servings.

Mary Ann Strom

APPLESAUCE JELLO SALAD (Also excellent as a dessert)

1/4 cup red hots (cinnamon drops)	2 3-oz. pkgs. cream cheese
1 cup water	4 tablespoons cream or milk
1 pkg. lemon flavored Jello	1/2 cup chopped nuts
1 1/2 cups applesauce	

Dissolve red hots in the cup of boiling water. Add lemon Jello. Stir until dissolved. Add applesauce. Mix well. Pour half of mixture into well-oiled loaf pan (9 x 5 x 2 inches). Place in refrigerator.

Soften cheese with cream. Add nuts. Spread on top of hardened Jello. Add remaining Jello-applesauce mixture. Chill.

Mary Ann Strom

JELLO SALAD

1 large or 2 small pkgs. strawberry Jello	1 large can crushed pineapple, including juice
1 1/2 cups boiling water	2 bananas, sliced or diced
2 10-oz. pkgs. frozen strawberries or 1 1/4 lbs. fresh, sliced	1 carton sour cream

Add boiling water to Jello. Mix well. Add strawberries, pineapple and bananas. Mix together; put half in dish and let jell. Spread sour cream over jelled portion; then pour other half Jello mixture over and refrigerate.

Jean Rowe

POMEGRANATE MOLD

5 pomegranates	3 tablespoons gelatin
3 cups water	3/4 cup water
2 1/4" slices lemon	1 cup sugar

Cut pomegranates into halves. Remove seeds and juice; put in saucepan with water and lemon. Simmer 15 minutes. Soften gelatin in 3/4 cup cold water for 5 minutes. Force seed-juice mixture through sieve. Pre-heat juice till very hot; add gelatin and sugar (red food coloring may also be added if desired). Chill.

Peace Corps' Iran Cookbook

Salads

BING CHERRY SALAD

- | | |
|--|--|
| 2 medium cans dark sweet
Bing cherries | 1 1/2 cups port wine or 1 cup
water |
| 2 pkgs. cherry gelatin | 1 cup chopped pecans |
| 1 medium can crushed pineapple,
drained | 1/2 pint heavy cream |

Drain cherries, reserve the juice. Measure the reserved juice and add enough water to make 2 cups of liquid; heat to boiling. Add to gelatin and mix well. Stir in pineapple, cherries, pecans and wine; stir well. Pour into 2 quart mold and chill until firm. Unmold and fill the center with unsweetened whipped cream. Makes about 12 servings.

Theresa Kinser

BING CHERRY-COKE SALAD

- | | |
|--|---|
| 1 No. 2 can Bing cherries,
seeded and drained | 1 pkg. black cherry gelatin (or
use cherry or sour cherry) |
| 1 No. 2 can crushed pineapple,
drained | 2 8-oz. bottles of Coke |
| 2 cups juice and water | 1 pkg. raspberry gelatin |
| | 2 3-oz. pkgs. cream cheese |
| | 1 cup chopped almonds |

Heat fruit juice to boiling. Add gelatin; stir to dissolve. Add Cokes; chill until slightly thickened. Mix softened cream cheese with nuts, th with fruits. Fold into gelatin. Chill until firm.

Mary Ann Strom

MOLDED COMPANY SALAD

- | | |
|---------------------|------------------------------|
| 1 grapefruit | Orange bits, apricot pieces, |
| 1 pkg. orange Jello | or grated carrots |

One grapefruit serves 4. Cut washed grapefruit in half; gently cut into white membrane with grapefruit knife, if you have one, and lift out the pulp of both halves. With paring knife separate the fruit from the membrane sections and put in a mixing bowl with one other fruit or vegetable. Make Jello. When cool, pour over fruits and gently spoon into yellow grapefruit shells. Place in refrigerator to set for several hours. At serving time cut with a sharp knife across center of each half. Serve 4 wedges on a bed of lettuce and expect an ovation.

Dura Clarke

MINTY PEAR-CHEESE SALAD

2 3-oz. pkgs. lime Jello
 1/8 teaspoon salt
 2 cups boiling water

1 1-lb. can pear halves
 8 drops mint extract
 2 3-oz. pkgs. cream cheese,
 softened

Dissolve Jello and salt in boiling water. Drain pears, measuring syrup and adding water to make 1 3/4 cups. Stir syrup and extract into gelatin. Set aside 1 cup gelatin; pour remainder into 9" x 5" x 3" loaf pan or a 1 1/2-quart mold. Chill until slightly thickened. Then quarter or dice pear halves and stir into gelatin. Chill until set, but not firm. Gradually blend the 1 cup of gelatin previously set aside into the cream cheese; pour over hardened Jello and pear mixture. Chill until firm. Unmold on salad greens and serve with sour cream, if desired. This salad is better if allowed to set at least 24 hours before serving. Serves 8 to 10 persons.

Mary Ann Strom

SEA FOAM SALAD

1 can pears, medium (#2) size
 1 small pkg. lime Jello
 6 oz. cream cheese

2 tablespoons cream
 1 cup whipping cream

Drain juice from pears and heat one cup to boiling; pour over Jello and stir until dissolved. Set aside to cool. Mix cream cheese and the 2 tablespoons cream until smooth. Add Jello mixture and beat with mixer till blended. Refrigerate until only partly firm. Fold in well-drained, mashed pears and whipped cream. Pour into large mold and chill. Serves 8 to 10 persons.

Margaret Rogers

GINGERED PEAR MOLD

2 3-oz. pkgs. lemon Jello
 2 tablespoons sugar
 1/2 teaspoon ground ginger

2 cups boiling water
 1 can (1 lb.) sliced pears
 Cold water or gingerale

Combine Jello, sugar, ginger and boiling water; stir until gelatin is dissolved. Drain pears, measuring syrup. Add cold water (or gingerale) to syrup to make 1 1/2 cups; add to gelatin. Pour a thin layer into an 8-inch layer pan. Chill until set but not firm. Chill remaining gelatin until thickened. Arrange pears on gelatin in pan; spoon thickened gelatin over pears. Chill until firm. Serves 8.

Mary Ann Strom

Salads

COTTAGE CHEESE-LIME JELLO SALAD

- | | |
|--------------------------|----------------------------|
| 1 pkg. lime Jello | 12 marshmallows, cut small |
| 2 cups water | (1 heaping cup) |
| 1 cup crushed pineapple | 1/2 cup cottage cheese |
| 1 tablespoon lemon juice | 1/2 cup nuts |

Dissolve Jello in 1 cup of boiling water. Add 1 cup of cold water (or 1 cup of juice from pineapple plus water needed to measure 1 cup). Add lemon juice; refrigerate. When mixture starts to jell, add pineapple; marshmallow pieces, cottage cheese and nuts. Chill.

Mary Ann Strom

DREAM SALAD

- | | |
|------------------------|----------------------------|
| 1 pkg. lime Jello | 1/2 cup mayonnaise |
| 2 tablespoons sugar | 3/4 cup crushed pineapple, |
| 1 1/2 cups hot water | drained |
| 1/2 cup whipping cream | 1 cup cottage cheese |
| | 3/4 cup chopped nuts |

Dissolve Jello and sugar in hot water and let stand until in the quivery stage. Whip cream and mayonnaise, and whip Jello into the mixture. Add nuts, pineapple and cottage cheese. Let stand in refrigerator until firm. Unmold on lettuce leaf and garnish with whipped cream and cherries, if desired. This is an excellent salad to serve with ham.

LIME-CUCUMBER SALAD

- | | |
|---------------------------|--------------------------------|
| 1 pkg. lime Jello | 1/4 cup green pepper, minced |
| 1 1/2 cups hot water | 1/2 cup cucumber, finely diced |
| 2 tablespoons vinegar | (with or without peel) |
| 1 1/2 cups cottage cheese | 1/2 cup mayonnaise |
| 1/2 teaspoon salt | |

Make Jello with 1 1/2 cups hot water. Add vinegar and let thicken slightly. Combine cheese, vegetables and salt and add to thickened Jello. Stir in 1/2 cup mayonnaise. Whip with egg beater. Place in mold and chill for several hours.

Jean Howard



ITALIAN PICKLED GARDEN RELISH

- | | |
|---|---|
| 1/2 small head cauliflower, cut
in flowerets and sliced to
bite-size pieces | 1 small jar pimientos, cut in
strips |
| 2 carrots, pared and cut in
two-inch strips | 1 3-oz. jar pitted green olives |
| 2 stalks celery, cut in
one-inch pieces | 3/4 cup vinegar |
| 1 green pepper, cut in thin
two-inch strips | 1/2 cup salad oil |
| | 2 tablespoons sugar |
| | Salt and pepper |
| | 1/2 teaspoon oregano |

In large skillet combine ingredients with 1/4 cup water. Bring to a boil, stirring occasionally. Reduce heat and simmer covered for 5 minutes. Cool and then refrigerate 24 hours. DO NOT OVERCOOK. Drain well and serve.

Jean Howard

APPLE CHUTNEY

- | | |
|--|------------------------------|
| 2 apples, pared, cored and
chopped (2 cups) | 1 teaspoon curry powder |
| 1/2 cup chopped onion | 1/2 teaspoon salt |
| 1/2 cup raisins | 1/2 teaspoon ground ginger |
| 1/3 cup vinegar | 1/8 teaspoon ground cloves |
| 1/4 cup water | 1/8 teaspoon ground cinnamon |
| 2 tablespoons candied citron,
lemon or lime | 1 small clove garlic, minced |
| | 1/4 cup brown sugar |

Combine ingredients in saucepan. Cook, uncovered, over low heat for 45 to 60 minutes, stirring occasionally to prevent sticking. Chill. Yields 1 1/3 cups.

Lucy Hofmann

QUICK CHRISTMAS RELISH

- | | |
|-------------------------------|----------------------------|
| 2 cups pickled beets, chopped | Salt and pepper |
| 1 tablespoon horseradish | Dry mustard |
| 1 cup chopped red cabbage | Vinegar from pickled beets |

Mix beets, horseradish and cabbage. Moisten with vinegar left from beets and season with salt and pepper and a little dry mustard (to taste). Toss together and serve tightly piled in a mound.

Jean Howard

Relishes

CHILI SAUCE (Tomato Relish)

The best time to do this is in September when the tomatoes are inexpensive and very deep red. You can order the tomatoes at your fruit market ahead of time so they will be fresh. This sauce mixed with mayonnaise makes a very tasty Thousand Island dressing. It also can be added to baked beans, many salads and tuna fish, or just used as a hamburger relish.

4 qts. chopped, peeled tomatoes	3 tablespoons salt
2 cups chopped onions	1/2 cup sugar
1 cup chopped sweet red pepper	1 teaspoon cinnamon
1 cup chopped green pepper	1 teaspoon allspice
1 small hot, red pepper (or the small green pepper)	2 1/2 cups dark vinegar

Combine the vegetables, salt and sugar and cook until the mixture begins to thicken. Add vinegar and spices, and cook until the mixture becomes a thick sauce. Pour into hot jars and seal immediately.

To prepare the jars and lids, wash thoroughly and immerse in water in a large pan and boil for 15 minutes. After sauce is added to jars and lids are tightened, there is no need to immerse in water bath.

B. Haeri

CARROT-CUCUMBER RELISH

4 to 6 unpared cucumbers, coarsely ground (3 1/2 cups)	2 tablespoons salt
6 medium carrots, coarsely ground (1 1/2 cups)	2 1/2 cups sugar
2 medium onions, coarsely ground (1 cup)	1 1/2 cups vinegar
	1 1/2 teaspoons celery seed
	1 1/2 teaspoons mustard seed

Combine ground vegetables; stir in salt. Let stand 3 hours; drain. Combine remaining ingredients and bring to boiling. Add vegetables; simmer, uncovered, 20 minutes. Seal at once in hot sterilized jars or refrigerate for current use. Makes 2 1/2 pints. Chill before serving

Rita Hamlet



ALMOST LIKE MIRACLE WHIP

4 egg yolks	3 tablespoons flour or cornstarch
1 teaspoon salt	1 cup boiling water
2 teaspoons dry mustard	2 tablespoons sugar
6 tablespoons vinegar	1/4 cup vinegar
1/2 teaspoon sugar	1 teaspoon salt
3 cups salad oil	

With mixer blend egg yolks, 1 teaspoon salt, mustard, 1/2 teaspoon sugar and 2 tablespoons vinegar. Very slowly add 1 cup oil, a few drops at a time, and mix thoroughly after each addition. Then add the remaining oil a little faster, but be careful to blend each addition before adding more oil. When all the oil has been used, add 4 tablespoons vinegar. This is the mayonnaise. Now put remaining ingredients into a saucepan and cook to a smooth paste. Add this hot mixture to the mayonnaise and blend well. Pour into container and cool in refrigerator. Makes slightly more than 1 quart.

Martha Bagwell

BLENDER MAYONNAISE

1 egg	1/2 teaspoon dry mustard
2 tablespoons vinegar	1/4 teaspoon paprika
1 teaspoon sugar	Few grains black pepper
1/2 teaspoon salt	1 cup Wesson or other salad oil

Combine all but oil and blend at high speed. Add 1/4 cup oil and blend at high speed. Add another 1/4 cup oil and blend at high speed. Remove cover while blender is running and slowly pour in remaining half cup of oil. Use small rubber spatula to help oil blend. Makes 1/3 quart of mayonnaise. Two tablespoons lemon juice may be substituted for the vinegar if a lemon taste is preferred.

Keeps indefinitely in refrigerator. This mayonnaise may be used in all frozen salads. It does not separate when frozen.

Audrey Peterson

SALAD DRESSING

1 teaspoon celery salt	1 cup salad oil
1 teaspoon dry mustard	1 teaspoon salt
1 teaspoon onion juice, or	1 teaspoon paprika
1 teaspoon grated onion	1/4 cup vinegar
1/2 cup sugar	

Mix all except oil; add oil slowly and beat until thick. Refrigerate.

Sarah Garretson

Salad Dressings

CREAMY FRENCH DRESSING

1/4 cup salad oil (not olive oil)	1/4 cup wine vinegar
3/4 cup mayonnaise	1 1/2 tablespoons sugar
1 tablespoon paprika	1 tablespoon dry mustard
1/4 teaspoon salt	1/2 teaspoon garlic salt

Gradually stir salad oil into mayonnaise, then beat until smooth. Combine other ingredients and add to oil-mayonnaise mixture. Makes one cup. Best served chilled over lettuce salads.

Karen Chubak

FRENCH DRESSING

2 cups oil	1 teaspoon salt
1/2 cup vinegar	1 teaspoon ginger
1/2 cup lemon juice	1/2 teaspoon dry mustard
5 tablespoons sugar	

Put in jar and shake well.

Peace Corps' Iran Cookbook

FRENCH-TYPE SALAD DRESSING (Low calorie)

1 tablespoon cornstarch	1/2 teaspoon dried salad herbs
1/4 cup water	1/2 teaspoon salt
1/2 cup tomato juice	1/4 teaspoon paprika
1 tablespoon vegetable oil	Few grains pepper
1 clove garlic, peeled and finely minced	1/4 cup wine vinegar

Mix together cornstarch and water in a cup until smooth. Place tomato juice, oil, garlic, salad herbs, salt, paprika and pepper in a small saucepan and bring mixture to a boil over moderately high heat (about 275°F.). Stir in cornstarch mixture and boil 1/2 minute, stirring constantly, after mixture returns to a boil. Remove pan from heat and stir in vinegar. Cool and store in refrigerator in a covered jar. Shake well before using. Makes 1 cup. One tablespoon of dressing has 12 calories.

Wanda Krebill

FRUIT SALAD DRESSING

1 cup sour cream
1/4 cup current jelly

Combine ingredients. Serve over fresh fruit salads.

Rita Hamlet

BLENDER THOUSAND ISLAND DRESSING

1 cup mayonnaise	3 or 4 sprigs parsley, chopped
1/3 cup chili sauce	6 stuffed olives, chopped
1/4 cup finely chopped onion	1 hard-boiled egg, chopped
1 tablespoon chives	

Mix everything together except egg. Blend 1 minute. Stir in egg. Refrigerate. Makes 2 cups.

Carole Weiblen

THOUSAND ISLAND DRESSING

5 tablespoons mast	1 hard-boiled egg, chopped
5 tablespoons catsup	

Mix ingredients, adding salt, pepper, grated onion and/or dry mustard to taste.

Peace Corps Iran Cookbook

CELERY SEED DRESSING

2 cups sugar	2/3 cup plus 1 tablespoon
3 tablespoons onion juice	white wine vinegar
2 teaspoons dry mustard	2 cups salad oil
2 teaspoons salt	Celery seed or poppy seed

Blend with an electric mixer the sugar, onion juice, dry mustard, salt and wine vinegar. Add salad oil, one tablespoon at a time, beating constantly. When thick, add celery seed or poppy seed and blend well. Refrigerate. Make the day before if you are entertaining. This dressing goes well with combination lettuce, orange segments and almond salad. Makes 2 1/2 cups

Dura Clarke

POPPY SEED DRESSING

5 tablespoons sugar	3 tablespoons lemon juice
1/2 teaspoon salt	1/2 cup salad oil
1/2 teaspoon dry mustard	1 teaspoon poppy seed
1/2 teaspoon onion juice	

Mix first four ingredients. Add lemon juice and oil alternately, using medium speed on mixer. Add poppy seed. Add a few drops of green food coloring. Pour over a salad of fresh melon slices and lettuce.

Sarah Hubbell

Salad Dressings

OIL AND VINEGAR DRESSING (For tossed salad of greens and fruit)

2/3 cup peanut oil	1/8 teaspoon pepper
1/4 cup vinegar	1/8 teaspoon dry mustard
3 tablespoons lemon juice	1/8 teaspoon curry powder
1 teaspoon salt	1/2 teaspoon crushed basil
1/4 teaspoon sugar	

Combine all ingredients in shaker or jar with tight-fitting lid. Shake well just before pouring over tossed salad ingredients. Makes 1 cup of dressing.

Jean Rowe

DIETER'S SALAD DRESSING

1/4 teaspoon salt	1 tablespoon minced onion
1/4 teaspoon dry mustard	2 tablespoons vinegar
1/8 teaspoon pepper	2 tablespoons lemon juice
2 tablespoons sugar	

Mix all ingredients. Keep refrigerated.

Carole Weiblen

BLENDER ROQUEFORT DRESSING

1 cup salad oil	Dash salt
3 tablespoons vinegar	3 1/2 oz. Roquefort cheese,
2 garlic cloves	crumbled
1/4 to 1/2 cup sour cream	

Blend 1 minute. Makes 1 3/4 cups.

Carole Weiblen

LOW-CALORIE BLUE CHEESE DRESSING

2/3 cup cottage cheese	1/2 teaspoon parsley, dried
2 oz. blue cheese	1/4 teaspoon garlic powder
1 cup buttermilk	1/4 teaspoon onion powder
1/2 teaspoon dried chives	

Mix all ingredients in a blender. Serve over fresh salad vegetables. Serves 2.

Darlene Fink

Beautiful Breads



BEAUTIFUL BREADS

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CREAM BISCUITS

2 cups flour	4 to 6 tablespoons butter
1 teaspoon salt	3/4 cup sour cream
2 teaspoons baking powder	

Sift flour with salt and baking powder. Cut in butter and add sour cream. Mix and knead for about one minute. Cut 1/4 inch thick, paint with egg white or milk and bake in hot-as-hell oven (450°F.) for about 10 minutes. Of course, if you got Bisquick, just add sour cream to it, knead and forget the rest of this jazz.

From the files of George Ellsworth

BISCUITS

2 cups sifted flour	1/2 cup shortening
1 teaspoon salt	1 cup milk
4 teaspoons baking powder	

Sift flour and mix in salt and baking powder. Make a well in the center and put in shortening. Mix milk in a little at a time. Using your hands, work flour, shortening and milk together. Pat out on floured board and cut out biscuits. Bake at 450°F. until brown.

Lilly DeWoody

BAKING POWDER BISCUITS

3 cups flour	1 teaspoon salt
1/2 cup sugar	1 egg
5 teaspoons baking powder	1 cup milk
1/4 lb. (1/2 cup) margarine	

Combine flour, sugar and baking powder. Cut in margarine to make a crumbly mixture. Beat egg well. Add milk to egg. Combine the two mixtures and mix well. Roll or pat to desired thickness and cut. Bake until brown in 425°F. oven.

Louise E. MacLean

Quick Breads

MASTER BISCUIT MIX

For 13 Cups

9 cups
1/3 cup
1 tablespoon
1 teaspoon
1/4 cup
2 cups
2 cups

Sifted all-purpose flour
Double-acting baking powder
Salt
Cream of tartar
Sugar
Shortening which does not
need refrigeration
Dried milk (optional)

For 29 Cups

5 lbs.
3/4 cup
3 tablespoons
1 tablespoon
1/2 cup
2 lbs. (4 cups)
4 cups

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together three times into a large container (a dishpan works fine). Cut in shortening until Mix is consistency of cornmeal. Add dried milk if desired and stir in thoroughly. Store in covered containers at room temperature. To measure the Master Mix, pile it lightly into a cup and level off with a spatula.

Susan Scott, Julitta Behrooz

BISCUITS

6 Biscuits

1 cup Mix
1/4 cup milk

18 Biscuits

3 cups Mix
2/3 cup milk

Add milk to the Mix all at once, stirring 25 strokes. Knead 15 strokes on lightly floured board. Roll or pat 1/2 inch thick. Cut. Bake on ungreased baking sheet in hot oven (450°F.) 10 minutes.

COFFEE CAKE

2 1/4 cups Mix
1/3 cup sugar
1/3 cup milk
1 egg

Topping

1/2 cup brown sugar
3 tablespoons butter
1/2 teaspoon cinnamon

Stir sugar into the Mix. Combine milk and beaten egg. Stir into the Mix until well blended (about one minute). Put into greased 8" x8" pan. Spread or dot topping over batter and bake in a hot oven (400°F.) about 25 minutes

The brown sugar mixture can be used as a filling instead of a topping. Or use a date topping or filling. For a filling, spread about half of the batter on the pan, then a thin layer of filling, and the remaining batter. For filling, blend: 1/2 cup brown sugar, 2 teaspoons cinnamon, 1/4 cup soft butter, 1/4 cup chopped nuts and 1/2 cup chopped dates.

MASTER BISCUIT MIX (continued)

PANCAKES OR WAFFLES

6 Cakes or 2 Waffles

1 cup Mix
1/2 cup milk
1/2 egg or 1 yolk

18 Cakes or 6 Waffles

3 cups Mix
1 1/2 cups milk
1 egg

Stir the combined milk and beaten egg into the Mix until blended. Bake on hot griddle or in waffle iron. Increase the milk for a thinner griddle cake or waffle if desired. Chopped nuts, diced apples or pineapple, crisp bacon or ham bits add variety to waffles.

DUMPLINGS

4 Medium Dumplings

1 cup Mix
1/4 cup milk

12 Medium Dumplings

3 cups Mix
3/4 cup milk

Add milk to the Mix all at once, stirring about 30 strokes. Drop by tablespoon on top of boiling stew. Cover and boil gently 12 minutes without removing cover. These can be dropped as a topping on a meat or vegetable casserole and baked in a hot oven about 20 minutes.

MUFFINS

6 Small Muffins

1 cup Mix
1 tablespoon sugar
1/3 cup milk
1/2 egg or 1 yolk

12 Medium Muffins

3 cups Mix
2 tablespoons sugar
1 cup milk
1 egg

Add sugar to the Mix. Combine milk and beaten egg. Stir into the Mix with about 25 strokes. Bake in greased muffin pans in hot oven (425°F.) about 20 minutes.

Chopped dates and chopped nuts are good additions to this recipe. A teaspoon of marmalade can be baked with each muffin, either on top in a center hole or about half way down. Brown sugar instead of white is an interesting variation. Broken bits of crisp bacon, cherries, chopped apples or grated orange rind add variety to the muffins.

Make oatmeal or bran muffins by replacing one-third of the Mix by quick-cooking oats or by all-bran cereal.

The muffin recipe can be used as a basis for nut or fruit bread by adding 1/2 cup chopped nuts or cut dried fruit to the 12-muffin recipe. It will make a loaf 5" x 8". Bake in a moderate oven (350°F.) about 40 minutes.

Quick Breads

CORNBREAD

1 1/2 cups cornmeal	2 eggs
1/3 cup sifted flour	1/4 cup oil
1 teaspoon salt	1 cup milk
3 teaspoons baking powder	

Mix ingredients together and beat with electric mixer very well. Oil pan well and sprinkle with cornmeal. Heat pan on top of stove. Pour cornbread mixture into hot pan and bake at 450°F. until light brown. Cut in squares and serve hot.

Lilly DeWoody

CORNBREAD

1 cup flour	1 cup cornmeal
1/4 cup sugar	2 eggs
2 teaspoons baking powder	1 cup milk
3/4 teaspoon salt	1/4 cup oil

Sift together in mixing bowl first four ingredients; stir in corn meal. Add eggs, milk and oil; beat about 1 minute. Pour into a greased 9" x 9" x 2" pan. Bake in hot oven at 400°F. for 20 or 25 minutes. For muffins, grease tins and bake for 12 to 15 minutes.

Dura Clarke

HUSH PUPPIES

2 cups corn meal	1 1/2 cups sweet milk
2 teaspoons baking powder	1/2 cup water
1 teaspoon salt	1 large onion, chopped finely

Sift dry ingredients together; add milk and water. Stir in onion. Add more meal or milk as may be necessary to form a soft but workable dough. With hands mold pieces into pones (oblong cakes about 5 inches long, 3 inches wide and about 3/4 inch thick). Fry in deep hot fat or oil until browned.

Margaret Rogers

ROLLED TORTILLAS (Mexican)

Simply heat skillet or griddle without grease. Add tortillas and pat, turning to heat both sides, until they become limp and will roll without breaking. Before rolling, however, spread with butter and sprinkle with salt. Use toothpicks to keep them rolled only if necessary. Stack up on heated plate and serve as bread with Mexican dinner.

Donna Sisk, Darleen Jordan

PANCAKES

2 cups flour	2 eggs, beaten
4 teaspoons baking powder	1/3 cup oil
1 teaspoon salt	2 cups milk
3 tablespoons sugar (optional)	

Sift together dry ingredients; mix eggs, oil and milk and stir in just until blended.

Jean Rowe

BUTTERMILK PANCAKES

1 egg	1 teaspoon sugar
1 1/4 cups buttermilk or sour milk	1 teaspoon baking powder
2 tablespoons soft shortening	1/2 teaspoon soda
1 1/4 cups sifted flour	1/2 teaspoon salt

Beat the egg well. Add remaining ingredients and beat with rotary beater until smooth. Makes 12 to 16 pancakes, depending on size.

Rita Hamlet

PAKISTANI CHAPPATIES

3/4 cup whole wheat flour (atta)
Water to make dough
Pinch of salt

Work water into the flour and salt with the fingers until smooth and doughy. Cover and set aside for half an hour. Form into balls a little larger than golf balls. Roll into a flat circle with rolling pin on floured board. Toss lightly back and forth between hands to make it light, and bake it on an ungreased hot iron towah or frying pan until done.

Margaret Samonek

PAKISTANI RECIPES

When the term "Pakistani recipes" is used, it must be clarified according to the vast diversity of Pakistan itself. It is an agricultural nation, having 80 per cent of its population in the villages, and only 20 per cent in the cities. The recipes which I have submitted for this book are mostly urban, as the pattern of the village diet is quite different.

Margaret Samonek

Muffins

THE PERFECT MUFFIN

2 cups sifted flour	1 egg
1/4 cup sugar	1 cup milk
3 tablespoons baking powder	1/4 cup shortening, melted
1 teaspoon salt	

Heat oven to 400°F. Grease 12 muffin pan cups. Sift flour, salt, baking powder together. Put into bowl with sugar. Add milk, egg and shortening. Stir just enough to moisten dry ingredients. Batter will be lumpy. Fill cups 2/3 full. Bake about 20 minutes. Makes 12 muffins.

"The secret in making muffins is the stirring. You should stir only until the dry ingredients are dampened. The batter should be lumpy. When done the muffins should be rounded on top," wrote Mrs. J. D. Glazier, mother of Mrs. Hubbell.

Sarah Hubbell

ICE CREAM MUFFINS

1 1/2 cups flour	2 cups softened ice cream
1 tablespoon baking powder	1 egg (optional)
1 teaspoon salt	2 tablespoons oil (optional)

Combine flour, baking powder, salt and ice cream in mixing bowl. Beat until smooth. Fill well-greased muffin cups 3/4 full. Bake at 425°F. for 20 to 25 minutes. If a richer muffin is desired, add egg and oil.

The result is a sweet muffin, high-rising and velvety in texture.

Carol Weiblen

BEST EVER MUFFINS

1 3/4 cups flour	1 well-beaten egg
2 tablespoons sugar	3/4 cup milk
1 1/2 teaspoons baking powder	1/4 cup salad oil
3/4 teaspoon salt	

Sift dry ingredients into mixing bowl; make well in center. Combine egg, milk and oil. Add all at once to dry ingredients. Stir only until all is moistened. Fill greased tins two-thirds full. Bake at 400°F. about 25 minutes. Makes 12 muffins. (Raisins, nuts or dates may be added.)

Dura Clarke

APPLE NUT COFFEE CAKE

1/2 cup shortening	1 cup dairy sour cream
1 cup granulated sugar	2 cups finely chopped apple
2 eggs	1/2 cup chopped nuts
1 teaspoon vanilla	1/2 cup brown sugar
2 cups sifted all-purpose flour	1 teaspoon ground cinnamon
1 teaspoon baking powder	2 tablespoons melted butter or
1 teaspoon baking soda	margarine
1/4 teaspoon salt	

In mixing bowl, cream together shortening and granulated sugar. Add eggs and vanilla; beat well. Sift together flour, baking powder, baking soda and salt; add to creamed mixture alternately with sour cream. Fold in apple. Spread batter in greased 13" x 9" x 2" baking pan. Combine nuts, brown sugar, cinnamon and melted butter or margarine. Sprinkle over batter. Bake in 350°F. oven for 35 to 40 minutes.

Donna Sisk

SUGAR CRUNCH COFFEE CAKE

2 cups flour
2 cups granulated sugar
1/2 teaspoon salt
1/2 teaspoon ground mace
1/2 cup butter
1 teaspoon soda
1 cup sour cream
1 egg, beaten

Almond Topping

1/3 cup slivered or sliced
almonds
2 tablespoons granulated sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground mace

Combine flour, sugar, salt and mace in mixing bowl. With pastry blender or two knives, cut in butter until particles are fine. Press half the crumb mixture over bottom of a buttered 9" square baking pan. Mix soda into sour cream; add to remaining crumbs along with egg. Mix thoroughly. Spread batter evenly over crumbs in pan. Sprinkle with almond topping evenly over top. Bake in moderate oven (350°F.) for 40 minutes, or until toothpick inserted in center comes out clean. Cut into squares and serve warm. Makes 9 or more servings.

Sarah Hubbell



Coffee Cakes

SOUR CREAM COFFEE CAKE

Cake

1/2 cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
1 cup sour cream
2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Filling

1/3 cup raisins
1 teaspoon cinnamon
1 teaspoon sugar
1/4 cup nuts
1 apple, thinly sliced
(optional)

Topping

2 tablespoons cake batter
2 tablespoons butter
1/2 cup sifted flour
1/4 cup sugar
1 teaspoon cinnamon

Cream butter and sugar for cake. Add eggs, beat thoroughly. Add vanilla and sour cream. Mix well. Add flour, baking powder, soda and salt. Mix thoroughly. Save out 2 tablespoons of this batter. Put half the remaining batter into greased and floured cake pan. Sprinkle on filling ingredients. Pour on the other half of batter. Spread carefully all over.

Mix topping ingredients until crumbly. Sprinkle over cake. Bake in 350°F oven for 50 minutes.

Carole Weiblen

COFFEE CAKE

1/2 cup butter
1 cup sugar
2 eggs
1 cup milk
2 1/2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon vanilla

Filling

1 cup brown sugar
1 cup nutmeats
1 teaspoon cinnamon
2 tablespoons flour
1 tablespoon butter

To prepare batter, cream butter and sugar. Add eggs and milk. Add flour, baking powder and vanilla. Combine filling ingredients. Pour one-half of the batter into a large shallow greased pan. Cover with one-half of the filling. Add remainder of the batter and cover with the balance of filling. Bake 1/2 hour at 350°F.

Marjorie Boettcher

JAM SWIRL COFFEE CAKE

2/3 cup margarine	1/2 teaspoon cinnamon
2/3 cup sugar	2 teaspoons baking powder
2 cups unsifted flour	2 eggs
1/4 teaspoon nutmeg	2/3 cup buttermilk
1/2 teaspoon salt	1/3 cup preserves
1/2 teaspoon baking soda	

Cream together butter and sugar. Add 3/4 cup flour and blend until mixture resembles crumbs. Remove and set aside 2/3 cup of this. To remaining mixture add baking powder, salt, soda, cinnamon, nutmeg and eggs. Beat. Add 1 1/4 cups flour and buttermilk. Just blend. Spread batter in greased 9" pan. Drop teaspoonfuls of preserves over top of batter. Cut through batter with knife. Work reserved mixture between fingers until it resembles coarse crumbs. Sprinkle over batter. Bake for 35 minutes in oven at 375°F. or until toothpick comes out clean.

Sarah Hubbell

MANDELBRODT

2 3/4 cups sifted all-purpose flour (approximately)	6 tablespoons vegetable oil
4 teaspoons baking powder	Grated rind of 1 lemon
1/2 teaspoon salt	1/2 teaspoon vanilla or almond extract
3 eggs	1/3 cup coarsely chopped, blanched almonds
1 scant cup sugar	

Mix and sift flour, baking powder and salt. Beat eggs and sugar together until light. Add remaining ingredients in order given and blend well. Dough should be soft. With floured hands, shape two long loaves, about 3 inches wide and 3/4 inch high on well-floured board. Bake on greased cookie sheet in moderate oven, 350°F, until lightly browned (40 to 50 minutes). While still warm cut into 1/2 inch pieces and return to oven to toast until browned.

Chocolate Filled Mandelbrodt: Mix and add 3 teaspoons cocoa and 1 teaspoon sugar to one-fourth of dough. Form into 1/2-inch roll and wrap rolled and flattened white dough around it. Shape as above and bake.

Schelly Dardashti



Quick Breads

BLUE RIBBON APPLE BREAD

2/3 cup margarine	1 teaspoon baking soda
1 1/4 cups sugar	1 teaspoon salt
4 eggs	1 tablespoon grated lemon rind
1 1/2 cups canned applesauce	1 cup chopped pecans
1/2 cup milk	1/2 cup chopped raisins
4 cups all-purpose flour, sifted	1/2 cup chopped dates
2 teaspoons baking powder	

Cream together butter and sugar. Beat in eggs, one at a time. Stir in applesauce and milk. Sift together dry ingredients. Add to applesauce mixture and mix well. Stir in remaining ingredients. Pour into 2 greased 9" x 5" x 3" loaf pans. Bake at 350°F. for one hour or until bread tests done. Cool on rack for 10 minutes. Remove bread from pans and cool on rack. Makes two loaves.

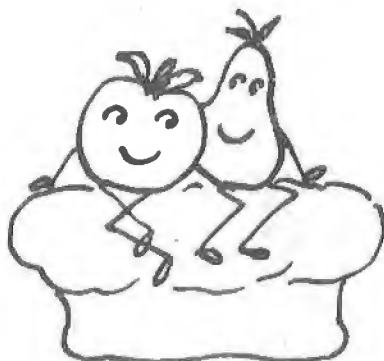
Lois Ann Franklin

PEAR BREAD

1/2 cup oil	1/2 teaspoon salt
1 cup sugar	1 teaspoon soda
2 eggs	1/4 teaspoon cinnamon
1/4 cup sour cream	1/4 teaspoon nutmeg
1 teaspoon vanilla	1 cup diced fresh pears
2 cups flour	1/2 cup chopped pecans or walnuts

Beat oil and sugar together until well blended. Beat in eggs one at a time, sour cream and vanilla. Add the dry ingredients and continue to beat until well blended. Last, add the nuts and fresh pears and stir with a spoon. Pour into greased loaf pan (approximately 9" x 5") and bake at 350°F. for 1 hour or until toothpick comes out clean. Let cool in pan for 15 minutes, then remove from pan and finish cooling on a rack. Slice thin and you can eat plain or spread with butter or cream cheese.

Joyce Flannery



APRICOT NUT BREAD

1 cup dried apricots, chopped	2 1/3 cups sifted flour
1 cup sugar	2 teaspoons baking powder
2 tablespoons shortening	1/2 teaspoon soda
1 egg, well beaten	1 teaspoon salt
1/4 cup sugar	1 cup chopped nuts
1/2 cup orange juice	

Soak dried apricots for 20 minutes. Meanwhile, cream together 1 cup sugar, shortening and egg. Stir in 1/4 cup sugar and orange juice. Add dry ingredients and blend well. Drain apricots. Stir apricots and nuts into batter. Bake in a greased and floured loaf pan at 375°F. for 65 minutes or until done.

Lilly DeWoody

NUTTY APRICOT SNACK LOAF

1 cup cut-up dried apricots	1 cup sugar
2 cups sifted flour	1 egg
2 teaspoons baking powder	1/4 cup water
1 teaspoon salt	1/2 cup orange juice
1/4 teaspoon soda	1/2 cup chopped walnuts
1/4 cup shortening	

Soak apricots in hot water for 15 minutes. Drain apricots. Sift together flour, baking powder, salt and soda. Cream shortening. Add sugar gradually, creaming well. Blend in egg and beat well. Add orange juice and water and mix well. Blend in sifted dry ingredients and mix thoroughly. Fold in walnuts and apricots. Pour into well greased 9" x 5" x 3" loaf pan. Push batter up into corners of pan, leaving the center well hollowed. Bake in 375°F. oven for 65 minutes. If top of loaf becomes too brown, lay brown paper on top and continue baking. Cool for 10 minutes. Remove from pan and cool on rack. Store overnight before slicing or freezing.

Audrey Peterson

ROLLED OATMEAL BREAD

3 cups oatmeal	1/2 cup sugar
1 cup flour	3/4 cup melted lard
1 teaspoon salt	1/3 cup cold water
1 teaspoon soda	

Mix in order given. Roll out on floured board until thin. Cut in squares. Bake 15 to 20 minutes in 375°F. oven until golden brown.

Louise E. MacLean

Quick Breads

ORANGE BREAD

Rind of 3 oranges, finely chopped	2 tablespoons melted fat or oil
2 cups water	1 egg, beaten lightly
2 cups sugar	4 cups all-purpose flour
1 cup milk	1/2 teaspoon salt
	3 teaspoons baking powder

Cook the orange rind in water for 20 minutes. Add the sugar and cook 30 minutes longer. Be sure to cook over low heat. Let cool and add milk, egg, fat, and flour which has been sifted with the salt and baking powder. Mix well and turn into 1 large or 2 small greased bread pans. Let stand 25 minutes. Bake for 1 hour at 375°F. Brush top with butter when removed from oven. Note: Use 4 teaspoons baking powder at under 4,000 feet altitude.

Sara S. Shipley

ORANGE NUT LOAF

2 cups flour	3/4 cup slivered almonds or
3/4 cup sugar	chopped walnuts
2 teaspoons baking powder	1 beaten egg
3/4 teaspoon salt	3/4 cup Sun Quick orange juice
1/4 teaspoon soda	2 tablespoons oil
1/2 to 1 cup slivered orange peel	

Sift together dry ingredients; stir in nuts and orange peel. Combine egg, orange juice and oil; add to dry ingredients, stirring just until moistened. Pour into greased loaf pan. Bake at 350°F. one hour and test with a straw. Note: If you put wax paper in the bottom of the pan and grease it, the loaf drops out of the pan easily as soon as it is done.

Dora Clarke

PUMPKIN BREAD

3 1/3 cups flour	4 eggs
1 teaspoon cinnamon	1 cup oil
3 cups sugar	2/3 cup water
1 1/2 teaspoons salt	1/2 cup pecans
2 teaspoons soda	2 cups pumpkin
1 teaspoon nutmeg	

Sift all dry ingredients together into a bowl. Mix well and add other ingredients. Add nuts. Pour into 3 greased loaf pans. Bake at 300°F. for 1 hour or until done.

Nancy Wasson

DATE NUT LOAF

1 cup hot water	3/4 cup firmly packed brown sugar
1 1/2 cups finely cut dates	1/2 cup chopped walnuts
2 1/4 cups sifted flour	2 eggs, well beaten
2 teaspoons baking powder	2 tablespoons melted butter or
3/4 teaspoon salt	margarine

Add hot water to dates and let stand while mixing other ingredients. Measure sifted flour and sift again with baking powder, salt and sugar. Add nuts. Add eggs and butter to date mixture. Then add to flour and mix well. Pour into greased 9" x 5" x 3" loaf pan. Bake at least 1 hour at 350°F. If top of loaf is becoming too brown toward end of baking period, lay brown paper on top and continue baking. Cool for 10 minutes and remove from pan. Cool thoroughly and store overnight before slicing. Freezes well.

Audrey Peterson

EASY DATE BREAD

1 pkg. dates (8 oz.)	1 cup sugar
1/2 teaspoon salt	2 cups flour
1 teaspoon baking soda	1/2 cup walnuts
1 tablespoon (heaping) butter	1 teaspoon vanilla
1 cup boiling water	

Cut dates into large bowl. Add salt, baking soda and butter. Pour in boiling water and stir well; add sugar and stir well. Add flour and stir well. Add walnuts and vanilla; stir well. Pour into wax paper-lined and greased loaf pan. Bake at 350°F. for 1 hour.

Louise E. MacLean

BANANA-NUT BREAD

1/2 cup cooking oil	1/2 teaspoon baking powder
1 cup sugar	1/2 teaspoon salt
2 eggs, beaten	3 tablespoons milk
3 ripe bananas, mashed	1/2 teaspoon vanilla
2 cups all-purpose flour	1/2 cup chopped nuts
1 teaspoon baking soda	

Beat oil and sugar together. Add eggs and banana pulp and beat well. Add sifted dry ingredients, milk and vanilla. Mix well and stir in nuts. Pour into greased and floured loaf pan (9" x 5" x 3"). Bake in preheated moderate oven (350°F.) for about 1 hour. Cool well and store overnight before cutting. Makes 1 loaf.

Rita Hamlet

ICEBOX POTATO ROLLS

1 cake yeast
1 teaspoon sugar
1/3 cup lukewarm water
3/4 cup shortening
1/2 cup sugar
2 teaspoons salt

1/2 cup scalded milk
1/2 cup hot potato water
1 cup hot mashed potatoes
3 eggs
5 cups flour

Dissolve yeast and sugar in the lukewarm water. Combine other ingredients except eggs and flour in a large mixing bowl. When lukewarm, add yeast mixture, beaten eggs and lastly fold in the flour. Mix well. Knead on floured board. Put in greased crock. Brush top of dough with butter, cover, and place in icebox for at least 6 hours or overnight. As wanted, take dough and shape into rolls. Let rise about 2 hours or until double in bulk. Bake in hot oven (425°F.) for 12 to 15 minutes. The dough will keep well in icebox for a week.

Mary Duke

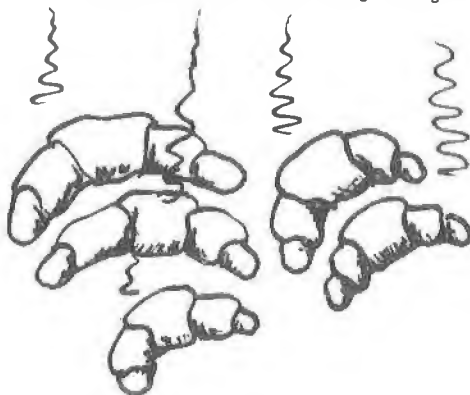
BUTTERHORN ROLLS

1 cup milk
1 tablespoon dry yeast
1/2 cup sugar
1 teaspoon salt

3 eggs
1/2 cup butter
4 cups flour

Scald milk. When cooled a little, take 1/4 cup of milk to dissolve 1 tablespoon yeast. Add sugar and salt to remaining milk. Beat eggs in large bowl. Add yeast mixture. Add butter in broken pieces. Add one-half of the milk mixture and 2 cups flour. Add remaining milk and flour. Let raise once. Punch down. Cover and refrigerate. When ready to shape into rolls, take half of dough and roll in shape of circle. Brush with softened or melted butter. Cut like a pie into 16 pieces. Roll up from large end to small and it will form a horn shape. Grease pan slightly. Place horns three inches apart. Bake at 425°F., but watch closely as these will burn quickly. Repeat with remaining dough. Yields 32 rolls.

Helen Sage



SOURDOUGH BREAD

Starter

1 tablespoon yeast	1 tablespoon butter
1/2 cup warm water	1/2 teaspoon baking soda
2 cups warm water	1 teaspoon sugar
2 cups flour	Flour
1 tablespoon sugar	
2 teaspoons salt	

First make the "starter" as follows: Dissolve yeast in 1/2 cup warm water. Let stand 5 to 10 minutes. Put into large crock. Stir in 2 cups warm water, 2 cups flour, 1 tablespoon sugar and the salt. Cover crock with towel and let stand 3 or 4 days in a warm room, stirring every day. Replace dough as you use it with equal amounts of flour and water mixture.

To make bread, add butter to 2 cups of "starter" and mix in baking soda, sugar and enough flour to make a thick dough. Knead on floured board until smooth. Put into greased bowl in warm place and let rise until almost double. Form into a loaf. The loaf goes onto a greased cookie sheet and rises double again. Bake in 350°F. oven for 1 hour or until brown.

WHITE BREAD

2 pkgs. (2 tablespoons) active dry yeast	1 tablespoon salt
3/4 cup warm water (105-115°F.)	6 tablespoons shortening
2 2/3 cups warm water	9 to 10 cups flour
1/4 cup sugar	Soft butter or margarine

Dissolve yeast in 3/4 cup warm water. Stir in 2 2/3 cups warm water, the sugar, salt, shortening and 5 cups of the flour. Beat until smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto lightly floured board; knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover and let rise in warm place until double, about 1 hour. Dough is ready if impression remains.

Punch down dough; divide in half. Roll each half into rectangle, 18" x 9" Roll up, beginning at short side. With side of hand, press each end to seal. Fold ends under loaf. Place seam side down in greased loaf pan, 9" x 5" x 3". Brush loaves lightly with butter. Let rise until double, about 1 hour.

Heat oven to 425°F. Place loaves on low rack so that tops of pans are in center of oven. Pans should not touch each other or sides of oven. Bake 30 to 35 minutes or until a deep golden brown and loaves sound hollow when tapped. Remove from pans. Brush loaves with soft butter; cool on wire rack.

Note: Three loaf pans 8 1/2" x 4 1/2" x 2 1/2" can be used. Divide dough into three parts after punching down. Also note that yeast breads at high altitudes tend to rise more rapidly, and it is possible to over-proof easily. Allow dough to rise for a shorter time (just until doubled) or use less yeast than the recipe calls for.

Yeast Breads

RICH WHITE BATTER BREAD

1 pkg. yeast	1 teaspoon salt
1/2 cup warm water	2 tablespoons salad oil
3 tablespoons sugar	4 to 4 1/2 cups unsifted all-
1 can (14 1/2 oz.) evaporated milk	purpose flour
1/8 teaspoon ginger	Butter or margarine

Dissolve yeast in water in a large mixer bowl; blend in ginger and one tablespoon of the sugar. Let stand in a warm place until mixture is bubbly, about 15 minutes. Stir in the remaining 2 tablespoons sugar and the milk, salt and salad oil. With mixer on low speed, beat in flour, one cup at a time, beating very well after each addition. Beat in last cup of flour with a heavy spoon; add flour until dough is very heavy and stiff but not too sticky to knead. Place dough in a well-greased two-pound coffee can, or divide into two well-greased one-pound coffee cans. Cover with well-greased plastic can lids. Freeze if you wish.

To bake, let covered cans stand in warm place until dough rises and pops off the plastic lids, 45 to 60 minutes for one-pound cans; 1 to 1 1/2 hrs. for two-pound cans. (If frozen, let dough stand in cans at room temperature until lids pop; this takes 4 to 5 hours for one-pound cans, 6 to 8 for the two-pound cans.) Discard lids and bake in a 350°F. oven for 45 minutes for one-pound cans, 60 minutes for two-pound cans. Crust will be very brown; brush top lightly with butter.

Let cool for 5 to 10 minutes on a cooling rack, then loosen crust around edge of can with a thin knife, slide bread from can and let cool in an upright position on rack.

VARIATION: LIGHT WHEAT BREAD. Use 1 1/2 cups whole wheat flour and 3 cups all-purpose flour. Replace sugar with honey.

Sarah Hubbell

Mealtime Mainstays



MEALTIME MAINSTAYS

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DIRTY GEORGE'S POT ROAST

Pot roast is generally identified as "Yankee." Howsomever, Yankee diet is meat and potatoes; salt is added but pepper generally excluded as being exotica created by the devil or the witches of Salem which explains why Yankees talk through their noses. To correct the speech defect and generally strike a blow for progress the following recipe is suggested:

4 to 5 lbs. boneless roast
2 tablespoons oil or fat
(suet is ideal)
1/2 cup finely chopped onions
1/2 cup finely chopped carrots
1/2 cup finely chopped celery
1/2 cup finely chopped leeks
1/2 cup finely chopped turnips
1 tablespoon finely chopped
parsley

2 cloves garlic, crushed
Salt and pepper
1 teaspoon soy sauce
Bay leaf
Pinch thyme
Red wine
12 or more small onions each
stuck with a clove (How would
you like to get stuck with
a clove???)

In heavy pot, brown roast in very hot oil or fat. Remove roast and excess fat, leaving just enough for sauteing all vegetables except stuck onions. Saute vegetables until soft, return roast to pot, cover with red wine, add soy sauce, bay leaf and thyme. Cover pot and cook in moderate oven (350°F.) for two hours. During last hour add onions. Remove roast and keep warm. Scrape pot and take sauce, scrapings and put in blender; heat again. Slice roast about 1/2 inch thick, pour sauce over meat and serve garnished with onions.

NOTE: If you have sauce left over, put in container and freeze. Fat will go to top where you can remove it. The remainder makes excellent base for future sauces.

From the files of George Ellsworth

CUBE STEAKS WITH OLIVES

1 cup canned olives
3 strips bacon
4 large cube steaks
1/2 cup chopped onion
1/4 cup chopped celery

1/8 teaspoon powdered ginger
1/4 teaspoon salt
1/4 teaspoon pepper
2/3 cup liquid from canned olives

Drain olives; save liquid. Chop 1/2 cup olives coarsely, keep remainder whole.

Cut bacon into small pieces. Put in skillet and cook until crisp. Remove bacon and brown steaks in the bacon fat. Remove steaks. Add onion and celery to skillet and cook for a few minutes. Then add steaks, bacon bits, olives, spices and olive liquid. Bring to a boil. Cover, reduce heat and cook gently for 1 1/2 to 2 hours or until meat is tender.

Sigbritt Israelson

TENDERLOIN MAGNIFIQUE

6 slices beef tenderloin,
1/2-inch thick
1/2 stick butter, more if needed
1 box fresh mushrooms or 1 cup
canned button mushrooms
Coarse ground pepper

Marinade

1/2 cup soy sauce
1 teaspoon sugar
1 clove garlic, crushed
1/2 teaspoon ground ginger
1 tablespoon lemon juice
1 teaspoon monosodium
glutamate

Combine ingredients for marinade and marinate tenderloin steaks for at least one-half hour. Turn frequently.

Drain marinated steaks on paper towels. Saute in butter for 5 minutes on each side. Since beef is not always tender in Tehran, I usually put a lid on the pan and simmer for about 20 minutes. This is not necessary if you know the beef is tender. Steaks are removed to a hot platter and set aside in a warm place. Slice mushrooms through the caps and stems and saute in butter. The remaining marinade is added and mixture brought to a boil before it is poured over the meat. Coarsely ground black pepper is sprinkled on top and steaks are ready to serve. Garnish with tiny bouquets of parsley and cherry tomatoes.

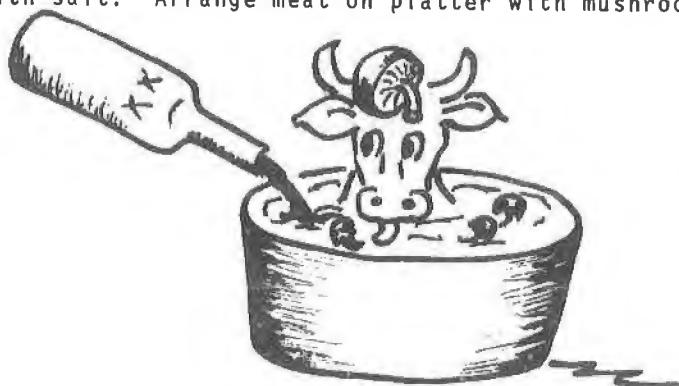
Donna Sisk

BEEF TENDERLOIN WITH MUSHROOM-SHERRY SAUCE

1 beef tenderloin, 5 to 5 1/2 lbs. 1 pound sliced mushrooms
Salt and Pepper 1 cup dry sherry
3 tablespoons butter

Heat oven to 400°F. Place meat in a large shallow roasting pan. Sprinkle with salt and pepper and roast for 30 minutes. While meat is roasting, heat butter in skillet over low heat. Add mushrooms and cook until tender. Remove meat from oven. Reduce temperature to 375°F. Spoon mushrooms around meat and pour sherry over meat. Roast 20 minutes longer or until meat is done. Baste frequently with pan juices. Slice meat and sprinkle lightly with salt. Arrange meat on platter with mushrooms and meat juice.

Sheila McNeill



SAVORY PEPPER STEAK

1 1/2 lbs round steak (or tenderloin) cut 1/2-inch thick	1 3/4 cups water
1/4 cup all-purpose flour	1/2 cup chopped onion
1/2 teaspoon salt	1 small clove garlic, minced
1/8 teaspoon pepper	1 tablespoon beef-flavored gravy base
1/4 cup cooking oil or shortening	1 1/2 teaspoons Worcestershire
1 cup (1 8oz. can) tomatoes	2 large green peppers in strips
	Hot cooked rice

Cut steak in strips. Combine flour, salt and pepper; coat meat strips. In large skillet, cook meat in hot oil until browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic and gravy base to meat in skillet. Cover and simmer for about 1 1/4 hours, until meat is tender. Uncover; stir in Worcestershire. Add green pepper strips. Cover and simmer for 5 to 10 minutes. If necessary, thicken gravy with a mixture of a little flour and cold water. Add drained tomatoes; cook about 5 minutes more. Serve over hot rice. Serves 6.

Donna Sisk

PEPPER STEAK

4 filet mignons, 5 1/2 oz. each	1 oz. Cognac
Salt	6 soup spoons fresh cream
1 soup spoon crushed peppercorns	1/2 cube Maggi beef stock
4 scant tablespoons butter	1 spoon hot French mustard
Vegetable oil	

Salt the steaks; turn them in the crushed peppercorns (pressing the pepper onto the steaks). Heat 1/2 butter with a drop of oil. Put steaks in and fry them on both sides to taste.

Pour remaining fat from pan, add the Cognac to pan and flame. Remove steaks from pan. Keep warm.

Add cream and 1/2 a Maggi cube to pan. Let it reduce by half. Take from heat and add a soup spoon of hot mustard. Pour sauce over steaks.

Maurice Brazier



Beef

POLISH FARMER STEAK

1 kilo steak meat	3 big onions
60 grams shortening, oil or butter	4 eggs
20 grams butter	

Cut the meat lengthwise to make 4 steaks. Tenderize them with a knife and form a round steak. Sprinkle with a little flour. Salt them before frying.

Melt half of the fat and fry sliced onions in it. Remove them. Add the rest of the fat and heat. Fry the steak in the hot fat until crisp. Arrange the onions in between the steaks and roast them in a hot oven for a few minutes.

Meanwhile, melt the butter in egg pan and fry 4 eggs. Put 1 fried egg on each steak and decorate with fried onions.

Serve with French beans, cauliflower or green salad and roast potatoes.

I. Musielak
Embassy of the Polish People's Republic

WARSAW ROLLED STEAK

1 kilo steak meat	20 grams butter
50 grams shortening, oil or butter	2 big onions
30 grams flour	Salt and pepper
50 grams bread crumbs	

Cut the meat lengthwise to make 4 wide slices. Tenderize the steak with meat roller.

Chop the onions in small pieces, mash them with butter and mix with bread crumbs. Add salt and pepper. Spread the mixture on each slice of steak and roll the meat. Secure with a string or toothpick. Sprinkle some salt and flour.

Heat the fat and fry the meat rolls until golden brown. Add some water and cook until soft, about 1 to 2 hours.

Before serving, add the rest of flour, salt to taste and water to have a thick sauce. Boil it for a minute.

Serve with roast or boiled potatoes and vegetables as: peas, cauliflower or boiled and fried white cabbage.

I. Musielak
Embassy of the Polish People's Republic



SAUERBRATEN WITH VEGETABLES

5 lb. pot roast of beef	10 whole black peppers
2 cups vinegar	2 bay leaves
2 cups water	6 whole cloves
1 cup red wine	1 lemon, sliced
1 onion, sliced	2 tablespoons vegetable oil
1/4 cup honey	Potatoes and carrots
2 teaspoons salt	

Put meat into a large bowl. Combine all other ingredients except lemon, vegetable oil and vegetables and bring to a boil. Cool and pour over the meat. Add lemon. Cover and refrigerate 3 days, turning the meat each day. Remove meat and dry with paper towel. Reserve marinade. Brown meat on all sides in the oil and put into a big roasting pan. Strain marinade and add 1 1/2 cups to the meat. Cover and simmer 2 1/2 to 3 hours or until tender, adding more marinade if necessary. During last 45 minutes of cooking add vegetables, allowing 1 potato and 2 carrots per serving. Remove meat and vegetables to platter. Thicken gravy with flour mixed with a little cold water. Simmer a few minutes and adjust the seasoning. Serves 6 to 8.

If sour cream gravy is desired, add 1/2 cup red wine to meat 1/2 hour before roast is done. Remove meat and add sour cream in any amount desired to the gravy before serving. Serve with dumplings.

Joann Stang

RHENISH SAUERBRATEN

1/2 pint vinegar	Salt
1 pint hot water	Cooking fat
1 onion, chopped	1 small can tomato paste
2 carrots	Bouillon cube
1/2 celery root	Flour
1 teaspoon peppercorns, crushed	Red wine
2 bay leaves	Raisins
10 juniper berries	Almonds
Beef pot or rump roast of desired weight	

Prepare marinade with first eight ingredients. Cool. Pour over beef and let stand 3 to 4 days. Remove beef, dry, sprinkle with salt and sear well in hot fat in roasting pan. Add vegetables from marinade, tomato paste, portion of marinade liquid and bouillon cube dissolved in hot water. Braise over low heat until beef is well done. Thicken gravy slightly with flour stirred smooth in red wine. Add handful of raisins. Garnish with slivered almonds.

Mrs. Ehrenberg
Embassy of the Federal Republic of Germany

Beef

SAUERBRATEN

4 lb. beef roast
(chuck, rump or round)
Wine vinegar
Gingersnaps or 1/2 teaspoon
ginger

Pickling spices
OR:
1 small onion, sliced
3 bay leaves
1 teaspoon whole peppercorns

Cover meat with a solution of 2 parts wine vinegar to 1 part water. Put in small cheese cloth bag (or metal tea bag) of pickling spices or substitute other three ingredients. Leave about 4 days, turning meat each day.

When ready to cook, take meat out and dry. Put aside 1 cup vinegar solution. Brown meat and cook as pot roast, 3 to 4 hours, or 25 minutes in pressure cooker. Make gravy with reserved vinegar and gingersnaps or ginger; thicken with flour. Serve with German potato dumplings and red cabbage.

Carole Weiblen

BEEF ROULADEN (German)

Top round steak
Onion, finely chopped
Bacon, chopped fine
Salt and pepper

Fat
Sour Cream
Flour

Have meat cut thin for rouladen. Place onion, bacon, salt and pepper on small piece of meat. Roll and tie with string or skewers. Flour a little. Cook in 1/2-inch deep fat. Brown each side, add a little water and cup-up bacon pieces. Cook, covered, for 1 hour or until tender. Make a sauce of sour cream, salt, pepper and flour. Pour over rouladen; let simmer to cook flour. Season to taste.

Maria Forsyth

KOSHER CORNED BEEF

Brisket (about 6 lbs.)
1 cup salt
3 tablespoons brown sugar
2 cloves garlic

1/2 pkg. pickling spices
Saltpetre size of 2 peas
1 large onion
1 teaspoon cloves

Place meat in container with tightly fitted cover that will fit in your refrigerator. Cover with brine made of next five ingredients. Let stand about two weeks.

Remove from brine. Wash. Place in large kettle and cover with cold water. Add onion and cloves. Simmer slowly for 3 to 5 hours until tender. Remove from kettle to slicing board. Sprinkle with paprika and slice.

Maydalen Siler

TONGUE

1 fresh beef tongue	3 to 4 sprigs celery leaves
2 medium carrots	6 sprigs parsley
2 medium onions	8 peppercorns or 1 teaspoon pepper

Scrub tongue well (if a smoked or pickled tongue, cover and soak in cold water for 12 hours). Immerse tongue in cold water, drain, then cook in boiling water to which the above ingredients have been added. Bring to a boil and simmer uncovered 3 to 4 hours until tender.

Drain and while still hot, remove skin and trim excess fat, etc. Return to pot for reheating.

Peace Corps' Iran Cookbook

VEAL ROAST

4 to 5 lb. rump of veal	<u>Marinade</u>
Garlic powder	
Onion powder	1 1/4 to 1 1/2 cups tomato juice
Monosodium glutamate	1/2 cup soy sauce
Seasoned salt	
Pepper	
Dash of oregano	
Parsley flakes	

Sprinkle meat with seasonings. Line baking pan with aluminum foil and place the meat, covered, into the refrigerator overnight. In the morning combine the marinade ingredients and pour over the meat. Let stand, turning once, until ready to roast. Cook in 350°F. oven for about 2 1/2 hours.

Darlene Fink

VEAL VIENNESE FOR TWO

1 lb. veal steak	1/2 cup Sauterne or any white wine
Flour	
Butter	1 can sliced mushrooms

Pound flour into steak and brown in butter. Add wine and mushrooms. Simmer, covered, for 10 minutes. Remove cover and cook until sauce thickens. Season with salt and freshly ground pepper. Cauliflower goes well with this dish.

Variation: 1/4 teaspoon each chives, tarragon and parsley may be added with the wine.

Sheila McNeill

VEAL ROLLUPS

1 1/2 lbs. veal, cut in thin even slices	3 tablespoons butter
3/4 cup ham	3 tablespoons olive oil
1 clove garlic, finely chopped	1/4 cup dry white wine
2 tablespoons chopped parsley	2 cups chicken stock
Salt and freshly ground pepper to taste	1/2 cup finely chopped onion
Flour for dredging	1/2 cup finely chopped carrot
	1/2 cup finely chopped celery
	1/2 teaspoon rosemary

Pound veal slices until very thin. Combine ham, garlic, parsley, salt and pepper. Spoon a little of the mixture on veal slices. Roll and fasten securely with toothpicks. Dredge meat with flour and brown on all sides in butter and oil. Add wine; cook until almost completely reduced. Add chicken stock and simmer 20 minutes. Add vegetables and rosemary; simmer 20 minutes longer (or until tender).

Lynne Keramaty

CLASSIC WIENER SCHNITZEL (Vienna Cutlets)

Choose top-grade veal schnitzel free of connective tissue. Schnitzel should be lightly pounded with a flat surface. (The butcher will do it for you with the flat of his meat axe if you ask him to do it.) Sprinkle each schnitzel with salt, dredge in flour and tap off excess. Dip in beaten egg and fine dry bread or cracker crumbs. Make sure each schnitzel has a complete coating of crumbs to retain the meat juices while cooking. The egg and crumb process may be repeated. Pan fry schnitzel slowly in butter over medium or low heat so crumbs will not be burned. Serve on a heated platter. Garnish with lemon slices. Squeeze lemon juice over schnitzel before eating.

*Mrs. Ehrenberg
Embassy of the Federal Republic of Germany*

RAHMSCHNITZEL (Cream Cutlets)

Prepare veal cutlets as for Wiener Schnitzel. Sear on both sides in hot fat, then blend 3 tablespoons sour cream and 1 cube bouillon into pan juices. Cover pan and simmer over low heat for about 20 minutes. Flavor sauce with a dash of wine or lemon juice, if desired.

*Mrs. Ehrenberg
Embassy of the Federal Republic of Germany*

WING RIB OF MUTTON OR LAMB

1,2 kilos mutton wing rib
 50 grams lard, shortening or oil
 30 grams flour
 1/8 liter fresh cream

Marinade

3/4 liter water
 1/4 liter white vinegar
 3 bay leaves
 10 whole black peppers
 10 whole cloves
 3 onions
 20 grams salt

Boil the water with the sliced onions, salt, pepper and cloves. Cool it and add the vinegar. Mix well.

Put the meat in a deep pan and pour the marinade to cover half way. Cover the pan and keep it in a cool place for 2 to 4 days, turning the meat every day.

Remove the meat from the marinade, drain, sprinkle with salt and crushed garlic. Sprinkle with flour. Roast the meat in very hot fat on all sides until gold. Transfer it to a roasting tin; pour the fat all over and cook it in a hot oven, basting often and sprinkling with the marinade juice.

When the meat is ready and does not show any red juice after pricking it, pour over the cream mixed with flour and roast again for a few minutes.

Before serving, slice the meat in thick pieces and pour the sauce all over. Served with boiled or fried potatoes or macaroni.

F. Musielak
Embassy of the Polish People's Republic

FAR I KAL
 (Lamb and Cabbage Casserole)

2 lbs. shoulder or breast of lamb	10 peppercorns
(with bone)	1 bay leaf
1 head cabbage	2 cups water
2 to 3 teaspoons salt	Parsley

Trim excess fat from the meat and cut into pieces. Brown the meat on all sides. Transfer the meat to a casserole. Add salt, pepper, bay leaf and water. Bring to a boil, cover, reduce heat and cook gently for 2 to 3 hours.

Cut the cabbage into wedges and add these to the casserole. Cover and cook for an additional 30 to 45 minutes or until cabbage is cooked. Garnish with parsley and serve directly from the casserole.

Sigbritt Israelson

STUFFED HAM

10 to 12 lb. ham, fully cooked and boned to make a cavity	Juice of 1 can of whole apricots
1 cup ham, ground or finely chopped	Allspice
1 1/2 cups dried apricots, coarsely chopped	1/2 cup honey
1 cup pecans or walnuts, finely chopped	<u>Garnish</u>
1 can crushed pineapple	Apricots
1/4 teaspoon dried thyme leaves	Cottage cheese
	Chives

Have the butcher bone the ham to make a cavity for stuffing.

Mix the dried apricots, ground ham, walnuts, pineapple and thyme. Spoon into cavity in ham. Draw ham together with poultry pins or bind in two places with twine. Place ham in shallow pan. Pour over it the apricot juice. Sprinkle with allspice. Cover tightly with foil and bake at 325°F. for 2 1/2 hours.

Uncover ham, spread with about 1/4 cup honey. Bake 30 minutes more. Again spread with honey and bake about another 30 minutes, until surface is nicely browned.

Cool about one hour. May be served at room temperature or, for easier slicing, may be refrigerated for several hours or overnight before slicing to serve. Makes about 20 servings.

Garnish: Apricots may be stuffed for garnish with cottage cheese and chives. Chill before serving.

SPARE RIBS OR PORK MEAT WITH SWEET SOUR SAUCE

2 lbs. spare ribs or pork, cut into 2-inch pieces	1 medium onion, sliced
3 tablespoons soy sauce	3/4 cup sugar
3 tablespoons cornstarch	1/4 cup soy sauce
Oil	1/3 cup vinegar
1 medium cucumber, sliced, or	2/3 cup water
1/2 cup bamboo shoots	2 tablespoons cornstarch

Simmer meat 20 minutes or until tender. Pour off water, dredge with soy sauce-cornstarch mixture. Heat oil very hot and fry meat until brown. Remove; drain. Reheat pan, add 2 tablespoons oil and saute bamboo shoots and onion. Mix together sugar, soy sauce (1/4 cup), vinegar, water and 2 tablespoons cornstarch. Add to sauteed onions and bamboo shoots. Bring to boil. Add meat and gently reheat. Serve with rice. Serves 4 to 6.

Maria Forsyth

BAR-B-CUED FRESH HAM

1 large fresh ham	2 cups consomme
2 cups brown sugar	1 teaspoon mustard seed
2 cups cider or wine vinegar	1/2 teaspoon celery seed
2 cups water	1/2 teaspoon cracked pepper

Combine ingredients except ham and bring to a boil. Pour over ham that has been slit about 1/2 inch deep across the top several times with a sharp knife. Let stand overnight. Bake at 350°F for 4 to 5 hours, basting with liquid marinade. When ham is done, cook remaining liquid to a thick sauce to serve with the ham.

Maydalen Siler

PORK GOULASH WITH NOODLES

1/4 cup flour	1/2 cup water
1/2 teaspoon garlic salt	1 cup cooked tomatoes
Dash pepper	1/2 medium green pepper, in strips
1 1/2 lbs. lean pork, cubed	1/4 cup chopped celery
2 tablespoons shortening	1/8 teaspoon ground thyme
1 can (10 1/2 oz.) condensed onion soup	2 cups cooked noodles (about 4 oz. uncooked)

Combine flour, garlic salt and pepper; roll meat in this mixture. In skillet, brown meat in shortening; pour off any excess drippings. Add soup, water, tomatoes, green pepper, celery and thyme. Sprinkle remaining flour over mixture. Cover and simmer 1 hour or until meat is tender, stirring often. Uncover and cook 15 minutes more to thicken. Serve over noodles. Makes 6 servings. Note: Leftover pork roast may also be used in place of raw pork.

Janet Walker

GLAZED PORK CHOPS

6 loin pork chops, cut 1 inch thick	1/8 teaspoon ginger
2 tablespoons flour	1 tablespoon grated orange peel
1/2 teaspoon salt	1 cup orange juice
2 tablespoons oil	1 tablespoon light brown sugar

Trim fat from pork chops. Rub pork chops with mixture of flour and salt. Brown pork chops well in hot oil, about 5 minutes on each side. Combine remaining ingredients and pour over chops. Cover and bake at 325°F. for 1 1/2 hours. Serve with buttered noodles sprinkled with toasted sesame seeds.

Lilly DeWoody

Pork

SHERRIED PORK CHOPS AND APPLES

6 pork chops	1/2 teaspoon cinnamon
3 unpared apples, cored and sliced	2 tablespoons butter
1/4 cup brown sugar, packed	Salt and pepper
	1/2 cup medium dry sherry

Preheat oven to 350°F. In heavy skillet brown chops on both sides in hot fat. Arrange apple slices in 9" x 13" greased baking dish. Sprinkle with brown sugar, dot with butter. Top with browned pork chops; season to taste with salt and pepper. Pour sherry over all. Cover and bake 1 1/2 hours or until tender. Serves 6.

Sandra Warren

PORK CUTLET CHARCUTIERE

4 pork chops	2 glasses white wine (7 - 8 oz.)
Salt	1 cube Maggi beef stock
Pepper	1 dessert spoon French mustard
4 tablespoons butter	(larger than soup spoon)
2 onions	Few gherkins
1 soup spoon flour	

Season the cutlets with salt and pepper; fry in oil and butter.

In another pan, fry chopped onions in butter; add flour. Cook and stir until golden. Pour in white wine and an equal amount of water. Add beef stock cube and cook until reduced by half.

Remove cutlets from pan, discard remaining fat, pour sauce into this pan and reduce a little bit. Finish sauce with pieces of butter, mustard and sliced gherkins; pour over the cutlets.

Maurice Brazier

PORK CHOP-GREEN BEAN CASSEROLE

6 pork chops, cut 3/4 inch thick	1 can (10 1/4 oz.) condensed
1 teaspoon salt	celery soup
1/8 teaspoon pepper	1/2 teaspoon ground nutmeg
2 10-oz. pkgs. frozen cut green beans, thawed	1/3 cup milk
	1/4 teaspoon salt

Heat oven to 350°F. Trim excess fat from chops; use to grease a medium-size skillet. Season the chops with 1 teaspoon salt and the pepper and place in skillet. Brown lightly over low heat. Mix beans, soup, milk, nutmeg and the 1/4 teaspoon salt in a shallow 2-quart baking dish. Arrange chops on top. Cover and cook 45 minutes or until meat is fork tender.

Margaret Rogers

SPEEDY BARBECUE RIBS

3 lbs. spareribs	1/2 teaspoon celery seed
1/2 cup water	1 teaspoon salt
1 onion, finely chopped	1/4 teaspoon pepper
1/2 cup catsup	1 teaspoon garlic salt
1/3 cup vinegar	1/4 cup water
2 teaspoons Worcestershire sauce	1 #2 1/2 can (3 1/2 cups)
1/4 teaspoon chili powder	sauerkraut

Cut ribs into serving pieces; place in pressure saucepan with 1/2 cup water. Cook at 15 lbs. pressure for 15 minutes. Reduce pressure immediately.

To make sauce, combine remaining ingredients except sauerkraut.

Place sauerkraut in bottom of broiler pan. Brush each piece of meat with sauce and place on broiler grid. Broil in range until nicely browned. Turn; brush with sauce and broil until browned. Makes 5 to 6 servings.
Note: Caraway seeds may be added to sauerkraut if desired.

Rita Hamlet

PAPRIKASCHNITZEL

Lightly pound pork schnitzel, then rub with salt and plenty of red paprika powder. Sprinkle with oil; lay one on top of another; then let stand for one-half hour. Sear schnitzel well on one side in hot frying pan without additional fat or oil. Turn, then add, per schnitzel: 1/2 cup canned red peppers, cut in strips and 1/4 onion, sliced. When meat is done, remove to a heated platter. Add a dash of Tokay wine to pan juices and thicken slightly with a little flour, if desired. To serve, spoon vegetables and sauce over schnitzel.

Mrs. Ehrenberg
Embassy of the Federal Republic of Germany

JAGERSCHNITZEL
(Hunter's Cutlets)

Rub salt and freshly ground black pepper into lightly pounded pork schnitzel. Sear well in hot oil in frying pan. Turn down heat. Add onion rings and canned or fresh mushrooms, letting them brown in pan juices. When schnitzel is done, remove to a heated platter. Blend 3 to 4 tablespoons sweet cream into pan juices, and add quartered tomatoes just long enough to heat through. To serve, spoon vegetables and sauce over schnitzel.

Note: Always taste the sauce before serving and season with additional salt and pepper if desired.

Mrs. Ehrenberg
Embassy of the Federal Republic of Germany

CHICKEN HELENE

1 whole chicken
Fresh parsley
Butter
White wine

Sour cream
Cranberry, currant or
other jelly

Stuff chicken cavity with fresh parsley minus the thick stems. Brown well in butter in heavy pot or saucepan (preferably iron). When brown all over (none of them bikini zones!) add about 3/4 inch of white wine and cook for about 1 1/4 hours over very slow fire. When done remove and keep warm. To gunk left in pot add sour cream and jelly and mix well. Serve as sauce with bird. This is one dish that justifies cream biscuits for sopping--check biscuit section.

From the files of George Ellsworth

BREAST OF CHICKEN MAGNIFIQUE

4 whole chicken breasts (about
4 lbs.), split
1/4 cup butter or margarine
2 cups sliced mushrooms (1/3 lb.)
1/8 teaspoon rosemary, crushed

1 large clove garlic, minced
2 cans cream of chicken soup
Generous dash crushed thyme
2/3 cup light cream
Slivered almonds (optional)

Use one large skillet or prepare in two skillets (10-inch) by dividing the ingredients equally. Brown chicken in butter; remove. Brown mushrooms. Stir in soup, garlic and seasonings; add chicken. Cover and cook over low heat 45 minutes. Stir now and then. Blend in cream; heat slowly. Serve with wild rice mix or on plain rice. Garnish with toasted slivered almonds. Serves 8.

Donna Sisk

BAKED CHICKEN IN MAST

1 chicken
2 tablespoons fat
1 medium onion, sliced
1 cup mast

1/2 lemon, sliced
Juice from 1/2 lemon
1 tablespoon flour
Salt and pepper

Season chicken. Melt fat and brown chicken, add onion and cover. Roast in hot oven (400°F.) for 45 minutes. Add mast to chicken and cook about 20 minutes more. Remove chicken and put on warm platter. Garnish with lemon slices. Make a paste of 3 tablespoons flour and 3 tablespoons fat; add this to cooked mast mixture with lemon juice. Blend thoroughly and serve warm. Good with cabbage. Serves 4.

Peace Corps' Iran Cookbook

CHICKEN CACCIATORE

3 lbs. frying chicken	1 6-oz. can tomato paste
1 thinly sliced onion	1 1/2 cups water
Oil	Mushrooms
1 pkg. spaghetti sauce mix	

Brown frying chicken and onion in oil in heavy skillet. Combine spaghetti sauce mix with tomato paste and water. Pour over chicken, cover and cook slowly for 45 minutes or until chicken is tender. Add mushrooms, if desired.

Jean Howard

CLUB CHICKEN CASSEROLE

4 tablespoons butter	3 cups cooked rice
5 tablespoons flour	1 1/2 cups diced cooked chicken
1 cup chicken stock	2 1/2 oz. mushrooms, sliced
1 chicken bouillon cube	1/4 cup chopped pimientos
1 1/2 cups light cream	1/3 cup chopped green pepper
1 teaspoon salt	1/2 cup slivered blanched almonds

Melt butter, add flour and blend. Add stock, bouillon cube and cream and cook over low heat until thick, stirring constantly. Add salt. Alternate layers of rice, chicken and vegetables in greased 6" x 10" baking dish. Pour sauce over. Top with almonds. Bake in moderate oven (350°F.) for 30 minutes.

Marge Tunnell

HOT CHICKEN SALAD

2 cups cooked cubed chicken	Grated rind of 1/2 lemon
1 1/2 cups celery	1 tablespoon lemon juice
1/4 cup chopped almonds	Dash pepper
2 tablespoons finely chopped onion	1 cup grated cheddar cheese
1/2 cup mayonnaise	1 cup crushed potato chips

Blend all ingredients except cheddar cheese and potato chips and place in a greased casserole. Cover with the cheese and chips. Bake 25 minutes in 375°F. oven.

Betty Arnold

CHICKEN WITH SESAME RICE

1/4 cup butter or margarine	1 frying chicken, cut up
2 tablespoons sesame seeds	1/3 cup flour
1 cup uncooked rice	1 teaspoon paprika
2 cups chicken broth or stock	1/2 cup dry white table wine
1 1/2 teaspoons salt	

Melt 1 tablespoon butter in skillet; add sesame seeds and rice and cook over moderate heat, stirring frequently, until lightly browned. Add 1 1/2 cups chicken broth and 1/2 teaspoon salt. Heat to boiling. Turn into a two-quart casserole; cover and bake in slow oven (300°F.) while browning chicken.

Combine flour, remaining salt and paprika in a paper bag. Shake chicken pieces, one or two at a time, in flour mixture until well coated. Brown floured chicken slowly in remaining butter. Remove casserole from oven, place chicken on top. Heat remaining broth in skillet to loosen browned particles from pan; pour over all. Pour wine over chicken, cover and bake about 40 minutes longer or until chicken is tender. Makes 4 generous servings.

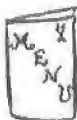
Note: When available, converted rice is preferable. Also, chicken drumsticks may be used instead of whole frying chicken.

COUNTRY CHICKEN CASSEROLE

3 lbs. frying chicken in serving pieces	1 clove garlic
1/4 cup flour	3 carrots, sliced
1/2 teaspoon salt	3 stalks celery, sliced
1/4 teaspoon pepper	2 8-oz. cans tomato sauce
1/4 cup vegetable oil	1 cup water
1/2 cup chopped onion	1/4 teaspoon basil
1/4 cup chopped green pepper	1 1/2 cups elbow macaroni, uncooked

Sprinkle chicken with mixture of flour, salt and pepper. Brown in heated oil in heavy skillet. Remove from pan. In same pan saute lightly the onion, pepper and garlic. Add remaining ingredients except the macaroni. Simmer 10 minutes. Put macaroni in lightly greased casserole, pour skillet sauce mixture over all and cover with the pieces of chicken. Cover and bake in 325°F. oven from 1 to 1 1/2 hours or until chicken is done. Serves 4.

Joann Stang



CREAMY CHICKEN RICE CASSEROLE

1 cup wild rice	1 1/2 cups light cream
1/2 cup chopped onion	3 cups cooked diced chicken
1/2 cup butter or margarine	1/4 cup diced pimiento
1/4 cup flour	2 tablespoons snipped parsley
1 1/3 cups (6-oz. can) broiled sliced mushrooms	1 1/2 teaspoons salt
1 1/4 to 1 1/2 cups chicken broth	1/4 teaspoon pepper
	1/2 cup slivered blanched almonds

Prepare wild rice according to package directions. Cook onion in butter until tender but not brown. Remove from heat; stir in flour. Drain mushrooms, reserving liquid. Add enough chicken broth to liquid to measure 1 1/2 cups; gradually stir into flour mixture. Add cream. Cook and stir until thick. Add wild rice, mushrooms, chicken, pimiento, parsley, salt and pepper. Place in 2-quart casserole. Sprinkle with almonds. Bake in moderate oven (350°F.) 25 to 30 minutes. Makes 8 servings.

Mary Ann Strom

OVEN-FRIED CHICKEN

4 cups corn flakes, crisp rice cereal or wheat cereal	1 cup butter, melted
2/3 cup flour	16 pieces chicken (2 chickens, cut up)
3 teaspoons salt	

Crush cereal very fine in blender, or put in plastic bag and crush finely with rolling pin. Mix next two ingredients, then blend with warm butter. Dip chicken pieces in butter mixture, then coat well with cereal crumbs. Put in shallow baking pan and bake in hot oven (400°F.) 1 hour or until well browned.

B. Haeri

LOW CALORIE CHICKEN CUTLETS

1 chicken, cut in eighths, boned and skinned	Sugar substitute equal to 4 tea- spoons sugar
1/4 cup wine vinegar	1/4 cup soy sauce
1/4 teaspoon ginger powder	1/4 teaspoon curry powder

Marinate chicken in soy sauce, vinegar, curry powder, ginger powder and sugar substitute from 3 hours to overnight. Bake in preheated 350°F. oven for 45 minutes or until done.

Darlene Fink

GOLDEN ORANGE CHICKEN

Chicken

3/4 cup flour
 2 teaspoons grated orange peel
 1 teaspoon paprika
 1 tablespoon salt
 1 3-lb. fryer, cut-up
 Shortening
 2 tablespoons water
 1 recipe orange sauce
 1/4 teaspoon pepper

Sauce

2 tablespoons pan drippings
 3 tablespoons reserved flour mixture
 1 1/2 cups milk
 1/2 cup orange juice
 1/4 teaspoon ginger

Combine flour, orange peel, paprika, salt, and pepper in a paper bag. Add pieces of chicken and shake. Reserve remaining flour mixture for gravy. Heat fat 1/4 inch deep and brown chicken. When browned, reduce heat. Add water and cover. Cook for 30 to 35 minutes or until tender. Uncover for the last 10 minutes to crisp. Remove chicken to warm platter and serve with Orange Sauce.

Orange Sauce: Pour off pan drippings, reserving 2 tablespoons. Blend in 3 tablespoons reserved flour mixture. Cook and stir until frothy. Remove from heat and stir in milk, orange juice, and ginger. Simmer sauce about 5 minutes. Season to taste with salt and pepper. Makes 4 servings.

Audrey Peterson

IMPERIAL CHICKEN

2 cups dry bread crumbs
 3/4 cup Parmesan cheese
 1/4 cup parsley, chopped
 1 clove garlic, crushed

2 teaspoons salt
 1/8 teaspoon pepper
 1 fryer, cut into serving pieces
 1/4 cup melted butter

Mix crumbs with Parmesan cheese, parsley, garlic, salt and papper. Skin chicken and dip each piece into melted butter, then into crumb mixture. Arrange pieces in shallow roasting pan. Dot with butter. Bake, uncovered, 1 hour at 350°F.

Alyne Hamilton

FANTASTIC CHICKEN

1 bottle of any thick red salad dressing (sweet-sour)
 1 8-oz. jar apricot preserves

1 pkg. dry onion soup
 2 broiler chickens, quartered

Mix together sauce ingredients. Spread chicken pieces in baking pan; spoon sauce over chicken. Bake at 350°F. for 1 1/2 hours. Serves 8

Marjorie Boettcher

PAKISTANI CHICKEN CURRY

- | | |
|--|-----------------------------------|
| 3/4 cup butter | 1 tablespoon cumin seed, ground |
| 2 large onions, sliced | 1 1/2 teaspoons coriander, ground |
| 4-5 whole cardamons | 1 teaspoon tumeric powder |
| 1" piece whole cinnamon stick | 1/4 teaspoon ground red pepper |
| 6 cloves garlic, ground | 2 tomatoes, sliced |
| 1 1" square piece green ginger, ground | 1 chicken, cut into pieces |

Melt butter; add onion, cardamon and cinnamon. Cook until onions are brown. Add garlic, cumin, ginger, coriander, tumeric, red pepper and tomatoes. Stir and cook until tomatoes are cooked. Add chicken and 1/2 cup lukewarm water. Cook on low fire. When chicken reaches desired tenderness, but not enough gravy remains, add a bit more water and cook slowly for 2 or 3 minutes.

Margaret Samonek

INDIAN CHICKEN CURRY

- | | |
|--|--------------------------|
| 1 frying chicken (2 1/2-3 lb., cut up) | 1 medium can tomatoes |
| 1 medium onion | 3 teaspoons salt |
| 2 tablespoons fat | 1 medium can green beans |
| 1 tablespoon curry powder | 1 tablespoon lemon juice |

Saute onions in fat until golden brown. Add curry powder and stir for one minute. Add 1/2 cup tomatoes and cook for a few minutes, then add chicken and stir well for 5 minutes. Add another 1/2 cup of tomatoes. Add water to just cover the chicken. Cook until chicken is tender and liquid is evaporated. Add remainder of canned tomatoes and green beans. Cook until mixture is thickened. (A tablespoon of flour may be added.) Add lemon juice and salt to taste and serve hot on steaming rice.

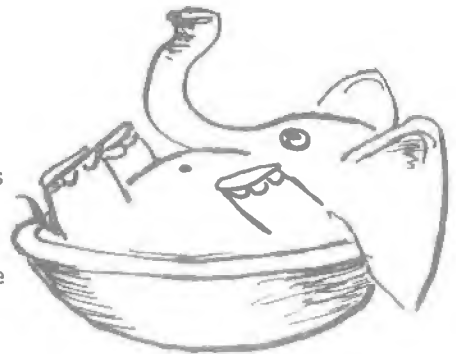
Maria Forsyth

ELEPHANT STEW

- 1 elephant
- 2 rabbits (optional)
- Salt and pepper

Cut elephant into small bite-size pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over kerosene fire for about 4 weeks at 465°F. This will serve 3,800 people. If more are expected, 2 rabbits may be added, but do this only if necessary as most people do not like to find hare in their stew.

Mary Lee Losby



DUCK IN ORANGE SAUCE

- | | |
|-----------------------------------|---|
| 2 ducks | 2 bay leaves |
| 1/4 cup lemon or lime juice | 1/4 cup rum |
| 3 teaspoons salt | 2 tablespoons flour |
| 1 teaspoon pepper | 2 tablespoons water |
| 3 cups orange juice | 1/4 cup ground Brazil nuts |
| 3 tablespoons grated orange rind | 1/4 cup Curacao |
| 4 bananas, cut into 1-inch pieces | 1 cup currant jelly, cut into small cubes |

Clean the ducks carefully and singe the skin over a flame. Wash and dry. Sprinkle with the lemon or lime juice, then rub in the salt and pepper thoroughly. Place the ducks in a roasting pan and roast in a 425°F. oven for 20 minutes. Drain the fat. Reduce the heat to 350°F. and roast 50 minutes longer. Drain the fat again. Pour the orange juice over the ducks and sprinkle the orange rind over them. Add the bananas, bay leaves and rum, and continue roasting for 1 hour, basting frequently. The ducks may require a short additional roasting time.

Remove the ducks and bananas from the pan and set aside. Skim the fat from the gravy and discard. Strain the remaining gravy. Mix the flour and water together to a smooth paste in a saucepan. Add the Brazil nuts and Curacao and cook over low heat for 5 minutes, stirring occasionally. Carve the ducks and arrange them on a platter with the bananas and currant jelly around it. Pour a little gravy over the ducks and serve the remainder in a sauceboat.

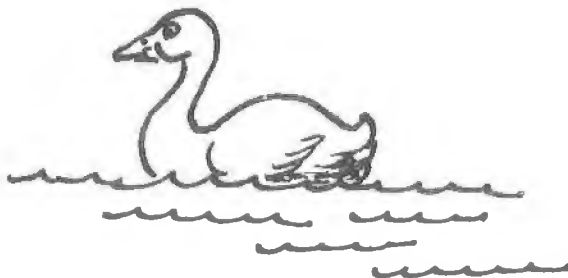
Mme. Paulo Pinto da Silva
Embassy of the Federal Republic of Brazil

BATTER FOR DEEP-FRIED CHICKEN, ONIONS, SHRIMP

- | | |
|---------------------|-----------------------|
| 1/2 cup flour | 4 teaspoons salad oil |
| 1/2 cup corn starch | 1/2 cup beer |
| Salt to taste | Flour |
| 2 eggs, separated | |

Combine flour, corn starch and salt. Beat egg yolks well, add salad oil and pour into flour mixture. Add beer and blend well. Beat egg whites until stiff; fold into batter. Dip shrimp, onion rings or chicken into flour first, then into batter and fry in deep fat. Shrimp or onions will cook quickly in very hot fat; chicken will be done in 15-20 minutes at a lower temperature.

Andrea Ponton



TEMPURA

This is food fried in plenty of oil after being dipped in a mixture of egg and water and flour. It is delicious when the four elements--fresh ingredients, light coating, nice-smelling oil and sauce--are harmonized. Fried prawn or lobster is typical.

Ingredients for fried foods:

For feasts: sea-bream, lobster, sillago, flatfish or other white flesh fish are used with laver, leaves of the beefsteak plants, leaves of chrysanthemums or trefoil.

For an ordinary meal: horse-mackerels, mackerels, sardines, carrots, burdocks, lotus roots, sweet potatoes, potatoes, pumpkins, egg-plants, onions, leeks and shungiku (a kind of fragrant greens) are used.

Coating: 1 cup flour
1 egg
1 cup water

Mix together, but not too much.

Oil: Vegetable oil is used to fry lightly. Sesame oil, rice oil, salad oil, rape-seed oil, peanut oil or soy-bean oil are used. The temperature of the oil must be between 300°F. and 350°F. The quantity of the oil is 2 inches deep in a sauce pan.

Sauce: 4 tablespoons of dashi or fish soup made by boiling the head and bones of fish (whose flesh is used as ingredient)
1 tablespoon shoyu
1 tablespoon mirin

Boil ingredients to make a sauce.

These quantities are for one person.

*Eiji Inoue, Counsellor
Embassy of Japan*



SHRIMP TEMPURA

2 lb. shrimp	1/2 teaspoon salt
2 cups flour	2 eggs
2 teaspoons baking powder	1 1/2 cups milk

Remove shells from raw shrimps, leaving tails on. Lay open, with sharp knife, from the center removing black line and making shrimp butterfly shape. Pound shrimp flat with mallet or edge of saucer.

Make batter with rest of ingredients. Dip shrimp into batter, then drop into deep oil (360° to 390°F.) holding the shrimp by the tail for a few seconds before releasing so they will be large and full. Cook until golden brown. Drain well.

Serve with soy sauce or cocktail sauce.

Carole Weiblen

CREOLE SHRIMP

2 tablespoons butter	1/2 cup minced green pepper
1/2 cup minced onion	Dash cayenne pepper
2 tablespoons flour	1/2 teaspoon salt
1 bay leaf, crushed	6 1/4 oz. tomato paste
1/4 cup diced celery	3 cups water
1 teaspoon minced parsley	2 cups cooked, shelled, deveined shrimp

Saute onion in butter; blend in remaining ingredients except shrimp. Cook slowly, stirring occasionally, until thickened (30 minutes). Stir in shrimp.

Mary Ann Strom

GARLIC SHRIMP

2 lb. shrimp	Salt
2 or 3 tablespoons olive oil	Pepper
1/4 lb. butter	2 cloves garlic, crushed
1 teaspoon oregano	Garlic powder

Spread olive oil in flat pan or cookie sheet. Place shrimp in single layers; dot with butter. Sprinkle with garlic and garlic powder, salt, pepper and oregano. Bake at 350°F. for 3 or 4 minutes or until shrimp turn pink. Turn the shrimp over; bake 2 minutes more. Serves 5 or 6.

Phyllis Ann O'Shaughnessy

SHRIMP CURRY

1 1/2 lbs. fresh shrimp	2 1/2 cups milk
1/4 cup margarine	1 teaspoon salt
2 tablespoons finely chopped onion	2 tablespoons lemon juice
2 teaspoons curry powder	1 teaspoon finely chopped
1/4 cup flour	ginger root

Cook the shrimp by dropping into boiling salted water to cover using 1 teaspoon salt to 1 quart water. Melt butter; add onion and saute until golden brown. Stir in curry powder and flour and blend to form a smooth paste. Add milk, stirring until sauce thickens. Add salt, lemon juice and ginger root. Add shrimp and let stand in sauce over low heat for about 30 minutes before serving to blend flavorings. For serving and accompaniments suggestions, see recipe for Burmese Ball Curry. Serves 4-5.

Marla Forsyth

CURRY SHRIMP CREPES

Crepes

2 cups flour
4 eggs
Salt
Milk

Curry

1 qt. milk
1 pkg. dried onion soup mix
Curry to taste
2 cans shrimp (best quality)

Make crepes not too thin. Stand aside on grease-proof paper.

Pour the quart of milk into a heavy saucepan, add the onion soup and curry; bring to a boil. Thicken with a little flour and milk. At last minute add shrimp, make sure not to boil again.

Put crepes, one at a time in a large flat dish; put serving of curry in the center, and roll up. Place in a 300°F. oven until ready to serve. Place foil on top to stop drying out of crepes.

Pat Brinton

FISH STICK GARDEN MEDLEY

1 10-oz. pkg. frozen mixed	2 tablespoons butter or margarine
vegetables, slightly thawed	1 8-oz. can tomato sauce
1 teaspoon salt	1 8-oz. pkg. frozen fish sticks,
1/4 teaspoon pepper	thawed

Heat oven to 350°F. Spoon vegetables into bottom of 1 1/4 quart rectangular baking dish. Sprinkle with salt and pepper; dot with butter. Pour tomato sauce over vegetables. Arrange fish sticks over top of casserole. Bake uncovered 40 minutes. Serves 4 to 5.

Margaret Rogers

Seafood

SHRIMP CASSEROLE ESTEBEN

2 lb. large raw shrimp	1/8 teaspoon pepper
1 tablespoon lemon juice	Dash cayenne
3 tablespoons salad oil	1 can undiluted tomato soup
3/4 cup raw rice	1 cup whipping cream, unwhipped
2 tablespoons butter	1/2 cup cooking sherry (or local white wine)
1/4 cup minced green pepper	1/2 cup blanched slivered almonds
1/4 cup minced onion	Paprika
1 teaspoon salt	
1/8 teaspoon mace (or nutmeg)	

Early in the day cook and clean shrimp. Place in a 2 quart buttered casserole. Sprinkle with lemon juice and oil. Cook rice and drain. Refrigerate all. About 1 hour and 10 minutes before serving, turn oven to 350°F. Sauté pepper and onion in butter in skillet. Mix all other ingredients except 1/4 cup almonds and paprika with pepper and onion. Cover the shrimp with the mixture. Top with almonds and paprika. Bake uncovered at 350°F. for 55 minutes. Serves 6 to 8.

BAKED CRAB AND SHRIMP CASSEROLE

1 medium green pepper, chopped	1/2 teaspoon salt
1 medium onion, chopped	1/4 teaspoon pepper
1 cup chopped celery	1 teaspoon Worcestershire sauce
1 6 1/2-oz. can crab meat, flaked	1 cup mayonnaise
1 6 1/2-oz. can shrimp, cleaned	1 cup buttered crumbs

Combine all ingredients except crumbs; place in greased casserole. Cover with crumbs and bake for 1 hour at 350°F. Serves 8.

SEAFOOD CASSEROLE (Make it now-Bake it later)

1 1/2 lb. crab	1 1/2 cups mayonnaise
1/2 lb. small shrimp	2 10-oz. pkg. frozen peas, thawed
1/2 cup green pepper, chopped	Salt and pepper
1/3 cup chopped parsley	
2 cups cooked rice	

Toss ingredients together. Bake in greased baking dish for 1 hour at 350°F.

CAMAROE COM LEITE DE COCO
Shrimp in Coconut Sauce - Brazilian

2 lb. cleaned shrimp	1/2 cup parsley
2 medium onions	1 finely chopped small hot pepper
1 bell pepper	or pepper sauce
4 tomatoes, skinned	1 cup hearts of palm (palmito)
3/4 cup green onions	1 fresh coconut

Chop all vegetables. Set aside. (Amount of vegetables may be changed according to taste.) Grate coconut, add 1/2 cup boiling water and strain through strong cloth, extracting all milk. Set aside.

In small amount of vegetable oil, saute onions and bell pepper. Add remaining vegetables and saute until fairly dry, adding palmito last. Season with salt. A pinch of bicarbonate of soda may be added at this time to prevent curdling when coconut milk is added.

In large saucepan, saute shrimp in small amount of vegetable oil. Salt to taste. Now add vegetables and coconut milk to shrimp. Stir over flame until blended and well heated. Serve with rice.

Lucy Hofmann

BAKED CRAB MEAT

1/4 cup olive oil	1 lb. cooked or canned crab meat
2 onions, finely chopped	1 1/2 teaspoons salt
2 tomatoes, finely chopped	1/2 teaspoon pepper
2 green peppers, finely chopped	2 eggs
1 clove garlic, minced	1 cup bread crumbs
3 tablespoons chopped parsley	6 stuffed green olives, sliced

Heat oil in a saucepan. Add the onions and saute for 10 minutes, stirring occasionally. Add the tomatoes, green peppers, garlic and parsley and cook over low heat for 15 minutes. Add the crab meat, salt and pepper and mix carefully. Cook over low heat for 5 minutes, stirring occasionally. Pour the eggs over the mixture and cook for 2 minutes, stirring constantly. Correct seasoning. Divide the mixture among 6 individual buttered ramekins or casseroles. Sprinkle heavily with bread crumbs and arrange olive slices on top. Bake in a 375°F. oven for 15 minutes or until lightly browned on top. Serve hot.



Mme. Paulo Pinto da Silva
Embassy of the Federal Republic of Brazil

TUNA NOODLE CRISP

4 oz. uncooked noodles	1/2 cup milk
1/4 cup shortening	1 tablespoon pimento
1/3 cup chopped onion	1 teaspoon salt
2 tablespoons chopped green pepper	1/8 teaspoon pepper
1 10 1/2-oz. can cheese soup	1 7-oz. can tuna
	1/2 cup bread crumbs

Preheat oven to 350°F. Cook noodles; drain. Saute onions and green peppers in shortening. Stir in soup, milk, pimento, salt and pepper. Bring to boil. Add noodles and tuna. Place in 1 1/2-quart or 2-quart casserole. Sprinkle with bread crumbs. Bake for 25-30 minutes. Serves 4 to 6.

Cecile Gullick

OVERNIGHT CASSEROLE

1 3/4 cups uncooked broken or elbow macaroni	1/2 lb. diced or grated cheddar cheese
2 cups diced cooked meat chicken, beef, ham, fish	3 hard cooked eggs, chopped
2 cans condensed cream of mushroom soup or white sauce to which mushrooms and bouillion cube have been added	1/2 green pepper, diced or onion
	1 teaspoon salt
	Dash of pepper
	1 can water chestnuts (optional)
	1 jar diced pimentos (optional)

Combine and mix all ingredients in large bowl. Refrigerate overnight. Turn into shallow casserole. Bake at 350°F. for 1 1/4 hours.

Marjorie Boettcher

LOW-CALORIE CHOP SUEY

6 ounces beef, chicken or shrimp, cooked	1 teaspoon onion flakes
4 ounces tomatoes	4 large celery sticks cut in squares
2 cups bean sprouts, parboiled	1/2 green pepper, chopped
Soy Sauce	

Slice meat thin; brown in dry pan. Add tomatoes, onion, celery and pepper with very little water. Then add bean sprouts and flavor with soy sauce. Cook until vegetables are done.

Darlene Fink

DIRTY GEORGE'S MEAT LOAF

There's them as regards meat loaf as an excuse to sneak stale bread, soggy corn flakes or rancid potato chips into good hamburger. A deplorable practice, but if you gotta do it keep them subversive ingredients to a minimum and soak them in red wine (if you're non-alcoholic use milk and whatever happens will serve you right!)

2 lb. hamburger	2 cloves garlic, crushed
1 large onion	Pinch thyme
2 eggs	Dash nutmeg
3/4 cup red wine	1/2 cup raisins or currants
1 tablespoon Worcestershire	Salt
1/2 teaspoon cumin seed (pulverized in a mortar)	Pepper

Grate onion (using welder's mask) and mix with all other ingredients. Knead well with hands unless you are so delicate you cannot get your dainty little potato diggers into the meat; in that case you shouldn't be eating or making meat loaf anyhow. Shape into loaf and bake for about 1 1/2 hours at 325° Fahrenheit. *(Use the other scale and you'll get a king-size carbon pill.)*

From the files of George Ellsworth

MEATBALLS IN SAUCE

Sauce

2 tablespoons butter
 1/2 cup minced onion
 1/4 cup chopped green pepper
 1 small clove garlic, minced
 2 cans (6 oz.) tomato paste
 3 cups water
 1 1/2 teaspoon salt
 1/4 teaspoon pepper
 1 1/2 teaspoons chili powder
 1/4 teaspoon oregano

Meatballs

1 lb. ground beef
 1/2 lb. ground lean pork
 1 cup grated Parmesan cheese
 1 cup milk
 1 egg, beaten
 1 cup soft bread crumbs
 1/4 cup minced parsley
 1 clove garlic, minced
 1 teaspoon salt
 1/4 cup butter

Heat butter, add onion, green pepper and garlic. Cook and stir until onion is transparent. Add remaining ingredients and cover and simmer gently 30 minutes.

Combine meat with cheese, milk, egg, crumbs and seasonings. Make balls. Melt butter, add balls, brown. Add sauce and cook for 30 minutes.

Donna Sisk

Ground Meat

MEAT BALLS

8 oz. veal	2 oz. butter
1 lb. lean pork	1 egg
2 teaspoons salt	1 tablespoon plain biscuit crumbs
1 teaspoon pepper	1/2 pint cold boiled milk

Dice meat and pass through mincer three times. Add egg, crumbs and spices. Stir in milk a little at a time. Form round balls of the mixture and brown in butter.

Inger Sorensen
Embassy of the Kingdom of Denmark

HAMBURGER STROGANOFF

2 large onions	Salt and pepper
1 cup fresh mushrooms	1 tablespoon flour
2 tablespoons butter	2 tablespoons tomato paste
1 lb. chopped chuck	1 cup sour cream
1/2 teaspoon onion powder	1/2 teaspoon parsley flakes

Finely dice the onion and thinly slice the mushrooms; saute in butter for one minute. Add crumbled chopped chuck. Saute onions, mushrooms and meat together until the onion and mushrooms are tender and the meat is cooked. Add onion powder, and salt and pepper to taste. Stir well. Turn off gas. Stir in flour and tomato paste. When thoroughly mixed, simmer for one minute. Stir in sour cream. Cook until hot. Serve sprinkled with parsley flakes. Delicious with noodles or rice. Serves 4.

Kim Caplinger

POOR MAN'S BEEF STROGANOFF

1/2 cup minced onion	1/4 teaspoon pepper
1 clove garlic	1 4-oz. can mushrooms
1/4 cup butter	1 can cream of chicken soup, undiluted
1 lb. ground beef	1 cup sour cream
2 tablespoons flour	
2 teaspoons salt	

Saute onion and garlic in butter over medium heat. Stir in meat and brown. Stir in flour, salt, pepper and mushrooms. Cook for 5 minutes. Stir in soup. Simmer for 10 minutes. Add sour cream. Serve over rice, toast, etc.

Margaret Rogers

MOUSSAKA

3 medium eggplants	Dash ground cinnamon
1 lb. ground beef	3 tablespoons butter or margarine
1 cup chopped onion	3 tablespoons flour
1/4 cup red wine	1 1/2 cups milk
1/4 cup water	1/2 teaspoon salt
2 tablespoons parsley	Dash pepper
1 tablespoon tomato paste	Dash ground nutmeg
1 teaspoon salt	1 beaten egg
1 slice bread, torn in crumbs	1/4 cup American process cheese,
2 beaten eggs	shredded
1/4 cup shredded American process cheese	

Slice eggplant and sprinkle with salt. Set aside. In skillet, brown meat and onions. Drain off excess fat. Add wine, water, parsley, tomato paste, salt and dash of pepper. Simmer until liquid is nearly absorbed. Cool, stir in half of bread crumbs, the 2 beaten eggs, 1/4 cup cheese and cinnamon.

In saucepan melt butter, stir in flour. Add milk. Cook until thick. Add 1/2 teaspoon salt, dash of pepper and nutmeg. Add a small amount of hot sauce to the beaten egg. Return to hot mixture. Cook over low heat for 2 minutes.

Brown eggplant in a little hot oil. Sprinkle bottom of baking dish (12" x 7 1/2" x 2") with remaining bread crumbs. Cover with layer of eggplant. Spoon onto meat mixture. Add rest of eggplant. Pour milk-egg sauce over all. Top with shredded cheese. Bake at 350° F. for about 45 minutes.

Jackie Manuel

EASY LASAGNA

2 tablespoons Mazola oil	1 lb. ground beef
Salt and pepper	1 clove garlic (chopped)
1 No. 2 1/2 can tomatoes	1 6-oz. can tomato sauce
1/4 cup chopped onions	3/4 teaspoon oregano
Parmesan cheese	8 cheese slices (American)
1 7-oz. pkg. Skroodles (cork-screw-type macaroni)	

Brown beef and garlic in oil; add salt and pepper to taste. Add tomatoes, tomato sauce and spices. Simmer 15 minutes or longer if desired. (If it gets too thick and dry, add water.) Meanwhile, have Skroodles cooking in boiling salted water (12 minutes). Grease casserole. Put layer of Skroodles, sauce, Parmesan cheese, and 4 slices of American cheese into greased dish. Repeat layers. Put into oven long enough for both layers of cheese to melt.

Donna Sisk

Ground Meat

SUPPER CASSEROLE

3/4 cup uncooked rice	3/4 cup water
1 12-oz. can whole kernel corn	1/2 cup finely chopped onion
1 teaspoon salt	1/2 cup finely chopped green pepper
1/8 teaspoon pepper	3/4 lb. ground beef
2 8-oz. cans tomato sauce	4 slices bacon, halved

Heat oven to 350° F. Pour rice into bottom of a 2-quart casserole. Cover with corn and sprinkle with half the salt and pepper. Combine tomato sauce and water; pour half the mixture over corn. Sprinkle with onion and green pepper. Drop in spoonfuls of the ground beef. Sprinkle with rest of salt and pepper. Pour on remaining tomato sauce mixture. Arrange bacon over top. Bake, covered, 1 hour; remove cover and bake 30 minutes longer. Serves 6.

Margaret Rogers

TEHRAN PEPPERS CASSEROLE

4 or 5 green peppers	3/4 teaspoon sage
1/2 lb. ground beef	1 1/2 cups tomatoes (or sauce)
3 tablespoons diced onion	2 cups boiled rice
4 tablespoons oil	1/3 cup bread crumbs
2 teaspoons salt	4 teaspoons melted fat

Wash peppers; cut off tops and take out seeds. Cover with salted, boiling water. Simmer 5 minutes and drain.

Cook ground beef and onion in oil for 5 minutes. Add salt, sage, tomatoes and rice. Arrange peppers upright in greased baking dish (or muffin tins). Fill with meat mixture. Top with 1/3 cup bread crumbs which have been dampened with melted fat. Bake at 350°F. for 35 or 40 minutes or until tender and brown.

Dura Clarke

ZUCCHINI-HAMBURGER CASSEROLE (Arabic)

5-6 medium sized zucchini	Salt and pepper
1 lb. hamburger	5-6 medium tomatoes (or 2 cans tomatoes)
1 large onion	

Set oven at 350°F. Peel zucchini and cut lengthwise in fourths. Fry in 2-3 tablespoons shortening until tender and brown. Then set aside. Fry hamburger and season with salt and pepper. Add onion, chopped very fine, to meat and fry together. In a 9" x 12" baking dish, put the zucchini and add fried meat mixture. Top with tomatoes cut in fourths. Sprinkle with salt and pepper and cook in oven for 1/2 hour or until tomatoes are cooked. Eggplant can be substituted for zucchini, or the two may be combined.

B. Haeri

MIDDLE EASTERN CABBAGE ROLLS

2 heads cabbage
 lamb bones (optional)
 1 cup canned tomatoes
 1 teaspoon salt
 2 garlic cloves, halved
 Juice of 2 lemons

Stuffing

1 cup rice, rinsed in water
 1 lb. lamb or beef (fat &
 lean) chopped fine
 Salt and pepper to taste

Carve out thick core from center of cabbage. Drop cabbage in salted boiling water, cored end down. Boil a few minutes until leaves are softened. While boiling, loosen each leaf with a long fork, remove and place in dish to cool. Remove heavy center stems from leaves. Cut leaves in half, if large. Fill each leaf with 1 teaspoon of stuffing and roll in the shape of a cigar.

Place lamb bones or cabbage stems on bottom of kettle. Arrange cabbage rolls on top, alternating in opposite directions. Add tomatoes, salt and garlic. Press down with inverted dish. Add water to reach dish. Cover kettle and simmer for 25 minutes. Add lemon juice and cook for 10 minutes more. Yield: 50 rolls.

Maria Forsyth

GEFILLTE KRAUTROULADEN
 (Stuffed Cabbage Leaves)

6 large cabbage leaves
 1 egg, slightly beaten
 1 teaspoon salt
 1/4 cup finely chopped onion
 1/2 cup milk
 1/2 cup ketchup

1/2 lb. ground beef
 1/2 lb. ground pork
 1 cup pre-cooked rice
 2 tablespoons butter
 1/2 cup water

Boil cabbage leaves in salted water for about 3 minutes; drain. Combine egg, salt, onion, milk and 1/4 cup ketchup. Mix well. Add beef, pork and rice. Mix. Place 1/2 cup meat mixture in center of each leaf. Fold sides and ends of leaves over meat mixture; secure with toothpicks. Saute in butter in a skillet about 5 minutes, or until brown on both sides. Add remaining ketchup and the water. Cover and cook 30 minutes, basting during cooking. Remove cover and cook another 5 minutes. Serves 6.

Mrs. Gulzow
Embassy of the Federal Republic of Germany



Ground Meat

BURMESE BALL CURRY

1 lb. ground beef	2 cans string beans or
1/4 lb. margarine or oil	3 lbs. fresh green beans
2 tablespoons curry powder	1 tablespoon flour
Salt and pepper to taste	2 bouillon cubes (optional)
1 onion, sliced (if desired)	1 lb. cooked rice

Salt and pepper ground meat. Form into balls approximately 3/4 inch in diameter (makes about 48). Heat margarine or oil, add curry powder, brown slightly. Add meat balls, onions and brown, impregnating with curry. When meat is cooked, add cooked string beans. Add a small portion of water from beans. Dissolve bouillon cubes; simmer, add more liquid as needed. Thicken slightly with flour. Serve over hot rice.

Chutney, bananas, chopped fresh coconut, chopped peanuts, capers, crumbled bacon, tiny green pepper pieces, chopped chives and sauteed sliced mushrooms are good side dishes with curry, suggests the wife of a long-time Burmese missionary.

Maria Forsyth

SUPPER ON A BREAD SLICE

French or Italian bread, one loaf	1 egg
<u>Meat Loaf</u>	Onion, chopped
1 lb. ground beef	1 tablespoon prepared mustard
1 cup bread (from inside of loaf)	3 tablespoons catsup

Cut a 1/2-inch thick slice from top of loaf of bread. Hollow out inside, leaving 1/2-inch shell all around.

Prepare meat loaf as follows: Crumble bread into ground beef. Add remaining four ingredients, mix well. Fill bread "boat", put top back on, wrap in foil and bake for 35 to 40 minutes.

Carole Weiblen

SLOPPY JOES

1 lb. ground beef	1 cup catsup
1 1/2 teaspoons salt	2 tablespoons vinegar
1 large onion, chopped	1 tablespoon Worcestershire sauce
1 teaspoon mustard	1/4 cup green pepper
1/4 cup chopped celery	

Combine all ingredients in large pan and simmer for two hours.

Margaret Rogers

CHILI

1 lb. ground beef	1/2 stick (or 1/8 teaspoon)
1 large onion, chopped	cinnamon
1 green pepper, chopped (optional)	1 1/2 teaspoons salt
1 tablespoon oil	1/8 teaspoon cayenne pepper
3 cups cooked or canned tomatoes	1/8 teaspoon paprika
3 whole cloves	Chili powder*
1 large or 2 small bay leaves	1 #2 can kidney beans

Saute beef, onion and pepper in oil. Add remaining ingredients except chili powder and kidney beans, cover and simmer at least one hour. Remove cloves and bay leaves; add the chili powder and kidney beans and simmer for 15 minutes more.

In Iran I have substituted 1 small can tomato juice and several ripe tomatoes (peeled and chopped) for the canned tomatoes. Since there are no canned kidney beans, you may prepare dried beans as follows: Buy small brown kidney-shaped beans available in super markets. Sort out stones and bad beans; wash beans thoroughly and cook in pressure cooker. Use 2 cups beans to 5 cups water. Cook 1/2 hour; open cooker, add 1 tablespoon salt and cook an additional 1/2 hour or until tender. This yields more beans than you need for the chili, but extra beans in their juice can be kept covered in your refrigerator and used for baked beans or kidney bean salad.

*Use 1 tablespoon chili powder dissolved in 2 tablespoons cold water for slightly hot chili; use 2 tablespoons of chili powder dissolved in 2 tablespoons cold water for hot chili. For those who like a HOT, hot chili I hand them the chili powder and let them sprinkle on as much as they like.

I serve the chili in bowls with French style bread and a tossed salad. If you want to stretch chili, serve over hot fluffy white rice.

Fran Scarbrough

LOW-CALORIE CHILI

8 to 10 ounces ground veal	1 teaspoon chili powder (or
12 ounces tomato juice	to taste)
1/2 cup water	1/2 teaspoon salt
1/8 teaspoon garlic powder	Dash pepper
1 tablespoon minced onion	1/2 teaspoon monosodium glutamate

Combine all ingredients and simmer until juice is cooked down and slightly thickened, about 1/2 hour. Yields dinner portion for one person.

Darlene Fink

Ground Meat

PIZZA

Crust

1 cake yeast (or 1 table-
spoon granular yeast)
2 tablespoons warm water
2 teaspoons shortening
1 cup boiling water
1/2 teaspoon salt
1/2 teaspoon sugar
3 cups sifted flour

Filling

Tomato paste
Garlic powder
Onion powder
Pizza cheese
Oregano
Grated Parmesan cheese
Pepperoni, sauteed mushrooms,
ground beef and onions,
anchovies, olives, etc.

Soften yeast in warm water. Add boiling water to shortening, salt and sugar. Cool to lukewarm and add yeast. Then beat in flour. Knead. Set in greased bowl, covered, in warm place to double in bulk (about 2 hours). Punch down, divide into two parts. Place each half on pizza pan or cookie sheet greased with oil. Press dough firmly into pan, making a rim around edges. Brush with olive oil.

Thin tomato paste with water, add garlic powder and onion powder. Spread sauce over pizza. Sprinkle pizza cheese over sauce. Sprinkle oregano and grated Parmesan. Top with pepperoni, lightly sauteed mushrooms, beef and onions, or whatever preferred. Bake in very hot oven, 500°F. until crust is blistered and well-browned, and cheese is melted (about 30 minutes). Slice and remove to wire rack to keep crisp.

Carole Weiblen

PIZZA

Crust

1 pkg. yeast
1 1/4 cups warm water
2 tablespoons cooking oil
4 cups flour, sifted
1 teaspoon salt

Filling

2 tablespoons Parmesan cheese
1/2 lb. Mozzarella cheese,
sliced
2 cups tomatoes, peeled and
diced, or sauce
1/8 teaspoon salt
1/8 teaspoon garlic salt
1/8 teaspoon pepper
1/4 teaspoon oregano
2 tablespoons oil

Dissolve yeast in water; add oil, flour and salt. Knead until dough becomes alive. Place in greased bowl; brush with oil. Cover with damp cloth and let rise 2 hours. Press into 2 greased pizza tins or cookie sheets and brush with 1 tablespoon oil.

Sprinkle with Parmesan cheese. Arrange other filling ingredients on top ending with cheese. Bake at 450°F. for 25 to 30 minutes or until crust is golden brown. Top dress as desired before baking.

June Riesz

ARABIAN PIZZA

1 lb. grated cheddar cheese	Chopped garlic to taste
1 or 2 cans chopped ripe olives	1 or 2 tablespoons olive oil
1 6-oz. can tomato paste	Salt and pepper to taste
Chopped small green onions to taste	

Mix well, then store in refrigerator almost indefinitely. Spread on ice box rye bread and put under broiler. Makes a most delightful hot snack.

Joy Conner

PAKISTANI SAMOSAS

1 1/2 lbs. ground beef	1 teaspoon salt
1 cup water	1/2 cup chopped onion
1 tablespoon ground ginger	Mint leaves
1 tablespoon ground garlic	Coriander leaf
1 teaspoon ground green chillies	3 to 4 chopped green chillies
1 teaspoon chili powder	Juice of 1 lime

To ground beef, add next six ingredients. Cook until tender, and water completely evaporates. Remove from heat. Add remaining ingredients and allow to cool. Seal in small pastry rounds or squares, and fry in deep fat.

Margaret Samonek

STUFFED EGGPLANT

12 small eggplants (6 to 7 inches long)	1 lb. ground meat
Vegetable oil	2 lbs. fresh tomatoes, skinned and seeded
1 large onion	Sweet basil or thyme
2 or 3 cloves of garlic	2 tablespoons olive oil

Peel the eggplant so that just strips of skin are left. Saute in vegetable oil until light golden. Saute onion, meat, and garlic in that order. Salt and pepper to taste. Slit each eggplant on one side to make a pocket. Line the eggplants side by side, pocket-slit up, in an oven dish and fill with meat. Pour over this a sauce made of the tomatoes, sweet basil or thyme to taste, and a bit of olive oil. Bake in a medium oven for 20 to 30 minutes and serve with rice. Serves six.

AWC International Cooking School, Lebanon

Ground Meat

COUNTRY SAUSAGE (Medium Hot)

2 lbs. lean ground pork
1 lb. ground pork fat
5 teaspoons salt
4 teaspoons rubbed sage

2 teaspoons ground black pepper
1/4 teaspoon coarse red pepper
1 teaspoon sugar

Thoroughly combine all ingredients and shape into roll. Chill before slicing. If sausage will not slice and fry without crumbling, add a half cup of water to the above and mix until meat becomes sticky and doughlike. Chill. Red pepper may be omitted for a milder taste.

Mary Duke

BERTHA'S TACOS (Mexican)

1 lb. beef (coarse "chili" grind)
1/2 cup chopped onion
2 teaspoons ground cumin seed
3 to 4 cloves garlic, crushed
Salt to taste
Tortillas
Shredded lettuce
Chopped onion
Diced fresh tomato

Hot Sauce

Cerrano hot peppers (any "hot"
variety may be used)
Chopped onion
Garlic
Salt
Tomato juice

For filling, combine beef, 1/2 cup chopped onion, cumin, garlic, salt and enough water to keep meat almost submerged in broth (approximately 2 cups) in a saucepan or skillet. Cover and simmer 45 minutes to 1 hour or until meat is tender. Then prepare hot sauce. Place desired amounts of the hot peppers, chopped onion, garlic and salt in a grinder and grind to a pulp. Blend in enough tomato juice to produce a medium-thin sauce. This can be stored in the refrigerator; it will keep indefinitely. Use sparingly.

To prepare taco-tortillas, drop 1 tortilla at a time (no more than 2) into a skillet containing 2" of lard heated almost to smoking. Using fork and spoon or other convenient tools, turn tortillas when lightly browned and bend at a 45° angle so that brown side is inside. Now, holding open until set, fry, turning to brown both "outsides." Invert on paper towels to drain and keep hot. To serve, half fill hot bent tortillas with meat filling (hot and well-drained) then add, rounding over tops of "pocketbooks", the lettuce, chopped onion and diced fresh tomato in that order. It's better to build tacos as you go than let them become soggy. Serve at once with Hot Sauce. Above filling is enough for 12 tacos.

Donna Sisk/Darleen Jordan

ENCHILADAS (Mexican)

Bertha's Enchilada Sauce

6 to 8 dried chili pods (or enough to yield 3/4 cup pulp after grinding)	Tortillas
1/4 cup garlic cloves	Grated cheese
2 tablespoons cumin seeds	Chopped onion
1 tablespoon salt	
1/4 cup lard	
3 tablespoons flour	

To make sauce, put chili pods to soak in boiling water to cover for several hours. Then grind to a pulp. Next, grind garlic cloves, cumin and salt to a paste using food grinder. Add 3/4 cup chili pulp and approximately 1/2 cup water, blending to make a medium-thick sauce. Combine the lard and flour in a hot skillet, stirring until lightly browned. Stir in the chili pulp mixture and cook 5 to 10 minutes or until "fried" medium brown. Add enough water to make 2 quarts of sauce. Cook, stirring, until thickened; simmer 15 to 30 minutes more. Strain sauce and reheat before using.

To prepare enchiladas, drop tortillas onto ungreased griddle and turn over, merely to limber. Dip tortillas quickly into and out of enchilada sauce. Arrange on large metal tray or cookie sheet. Working with convenient quantities, sprinkle some of the grated cheese and chopped onion over the open tortillas, then roll up. Place seam side down in shallow baking pan. When pan is full, pour enchilada sauce over the rolled tortillas (enough to moisten bottom of pan). Then sprinkle chopped onion, then grated cheese over the top in quantity desired. Run under broiler to melt cheese, or bake in very hot oven if enchiladas need reheating. Just don't let them become dry or brown.

Donna Sisk/Darleen Jordan

CHALUPAS (Mexican)

Tortillas	Sliced tomato
Refried beans	Chopped onion
Tabasco	Grated cheese (processed or cheddar)

Fry 3 tortillas at a time in a large skillet containing 1" hot shortening. When crisp and nicely browned on both sides, drain on paper towels or stand on end in a large strainer. Line up on baking sheets, spread tortillas with refried beans. Top each with the following as listed: a drop or two of tabasco, 1/2 of a thin tomato slice, chopped onion (green, with tops, if available) and the grated cheese. Run under broiler or in hot oven to melt cheese and heat thoroughly just before serving. Allow two chalupas per serving. The result is a beany, open-faced tortilla sandwich, somewhat Americanized.

Donna Sisk/Darleen Jordan

Ground Meat

CANNELLONI CON STRACOTTA (Cannelloni with Meat Filling)

Cannelloni Shells

4 eggs
3/4 cup milk
3/4 cup water
1 cup sifted flour
3/4 teaspoon salt
3 tablespoons butter

1 carrot, grated
1 lb. ground beef
1/2 lb. pork sausage meat
(optional)
1 1/2 teaspoons salt
1/2 teaspoon freshly ground
black pepper

Filling

2 tablespoons olive oil
1/2 cup chopped onion
1 clove garlic, minced

1/2 cup dry red wine
1 tablespoon tomato paste
1 cup beef broth
2 egg yolks, beaten
3/4 cup grated Parmesan cheese
2 tablespoons butter

Prepare shells as follows: Beat eggs, stir in milk and water. Beat in flour and salt until very smooth. Chill 30 minutes. The batter should be thin--add a little milk if necessary. Melt a little butter in a 6-inch pan, pour in just enough batter (2 tablespoons) to cover bottom. Tilt pan as you pour to cover completely. Fry until browned on both sides, stack while frying the remaining batter, adding butter to skillet as needed. Fill and use as directed. Makes about 12 cannelloni. These shells may also be used for manicotti.

For filling, heat oil in saucepan and saute onion, garlic and carrot 3 minutes. Add beef and sausage; cook over high heat until browned; stir occasionally to keep lumps from forming. Stir in salt, pepper, wine, tomato paste and broth. Cover and cook over low heat 1 hour, stirring frequently. Taste for seasoning. Pour off the gravy and reserve about 1 cup; cool meat a few minutes.

Mix meat with egg yolks and half the cheese; place a heaping tablespoon on each "pancake" and roll up. Arrange in shallow baking pan and pour the gravy over them. Sprinkle with remaining cheese and dot with butter. Bake in 325°F. oven for 20 minutes. Makes 16. May be served with a tomato sauce to be poured over.

Schelly Dardashti

Varied Vegetables



VARIED VEGETABLES

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FRENCH POTATO SALAD

8 medium-size potatoes	2 tablespoons dry white wine
1 teaspoon salt	1/2 tablespoon dry tarragon
1/2 teaspoon pepper	1 tablespoon chopped parsley
1/4 cup red wine vinegar	1/2 cup olive oil
2 tablespoons consomme	

Boil potatoes in their jackets. *(This is not a blow against the bourgeois establishment which wears jackets; potatoes just taste different when boiled jacketed. On the other hand, whether you get boiled with your jacket on or in your shirtsleeves, the hangover is the same. Furthermore...)* While potatoes are cooking, mix all other items in bowl. When potatoes are cooked, peel and slice in 1/4-inch slices. While still hot, pour dressing over them and toss lightly until liquid is absorbed. Serve warm or at room temperature, but do not, repeat, do not refrigerate.

From the files of George Ellsworth

CARROTS A LA MODE DU CHILE

Carrots	Oregano
Honey	Grated Swiss or white American cheese

Boil carrots until they are just tender but still crisp *(the way women should be)*. Place in shallow baking dish and cover with honey and oregano to taste. Top with cheese and bake until cheese melts. *This dish was invented in Chile, which probably explains why that country went Communist.*

From the files of George Ellsworth

VEGETABLE CURRY

1/2 lb. butter	1 cup green beans
1/2 tablespoon curry powder	3 tomatoes, peeled and cut in wedges
Pinch salt*	8 finely sliced leeks
1 cup peas	1 small cauliflower, disassembled
1 cup lima beans	1 cup hot water

Melt butter with curry powder. Add vegetables and toss lightly (but not too high); add water and simmer until vegetables are tender. Shake pan from time to time to prevent vegetables from burning and yourself from getting bored.

**[Have you noticed how much time cooks spend pinching salt, thyme, marjoram, nutmeg and others? A peculiar way of getting one's kicks, to say the least...]*

From the files of George Ellsworth

BUCKAROO BEANS

- | | |
|---------------------------------|-------------------------------|
| 1 lb. dried red or pinto beans | 2 cups solid-pack tomatoes |
| 6 cups water | 2 teaspoons chili powder |
| 1/4 teaspoon baking soda | 2 tablespoons brown sugar |
| 1 large onion, sliced thick | 1/2 teaspoon powdered mustard |
| 2 cloves garlic, sliced thin | 1/4 teaspoon crushed oregano |
| 1 small whole bay leaf | Salt to taste |
| 1/2 lb. salt pork or smoked ham | |

Add washed beans to water in a big heavy pot. Bring to a boil. Boil two minutes. Remove from heat. Add soda; cover. Let stand one hour, or soak overnight with the soda.

Add onion, garlic, bay leaf and salt pork or ham bone. Bring all rapidly to a boil. Reduce to slow simmer. Cover tightly and forget the whole thing for an hour and a half or until the beans are almost tender. Then add tomatoes, chili powder, brown sugar, mustard and oregano. Rapidly bring to a boil, then reduce to simmer. Taste for salt. Cover. Allow to simmer for at least two hours, longer if you can. The covered pot may be placed in a 325°F. oven to finish cooking after the tomatoes, etc. are added. There should be just enough liquid left on the beans to resemble a medium thick gravy. This dish seems to improve with standing. Freezes well, too.

Rita Hamlet



PORK AND BEANS

- | | |
|--------------------------|----------------------------------|
| 2 cans Aida pork & beans | 6 slices bacon, fried & crumbled |
| 3/4 cup brown sugar | 1/2 cup catsup |
| 1 teaspoon dry mustard | 1/4 cup chopped onion |

Combine beans, sugar, mustard, catsup and onion. Fry bacon separately until crisp. Drain and add to mixture. If using pork and beans other than Iranian brand, add one-half of bacon drippings to beans. Bake, uncovered, 2 1/2 hours at 325°F.

Donna Sisk

FRIJOLES REFritos (Pefried Beans - Mexican)

- | | |
|-------------|-----------------|
| Pinto beans | Salt and pepper |
| Onion | Drippings |
| Garlic | |

Cook soaked pinto beans with seasonings; add drippings if you like. Cook until soft and as dry as possible. Drain off any liquid, then put beans through food chopper. Fry in enough hot shortening so they won't stick, cooking and stirring to form a light brown crust. Serve with Mexican dinner or use in making Chalupas.

Donna Sisk/Darleen Jordan

GREEN BEANS ALMONDINE

1 lb. fresh string beans
1 cup slivered almonds

1 chicken bouillon cube
3 tablespoons butter

Cut string beans into pieces of about 2 inches. Cook until tender. Brown the almonds in 2 tablespoons butter; add bouillon cube and 1 tablespoon butter to string beans. Add all buttered almonds except a few; garnish with remaining almonds. Serves 4 to 6.

Kim Caplinger

LOW-CALORIE MARINATED STRING BEANS

2 cups French style string beans
3 teaspoons dried chives
1 cucumber, sliced
1/2 small cauliflower, cut in
pieces (optional)

Marinade

1/4 cup white vinegar
1/4 cup water
1 teaspoon monosodium glutamate
1/2 teaspoon salt
1/4 teaspoon garlic powder
1 1/4 teaspoon seasoned salt
Pepper
3 or 4 drops sweetener

Combine marinade ingredients and pour over vegetables.

Darlene Fink

ORANGE BEETS

3 tablespoons sugar
1 1/2 teaspoons cornstarch
Salt

1 tablespoon butter
1/2 cup orange juice
2 cups cooked beets

Mix sugar, cornstarch, salt and butter. Blend over low heat and then slowly stir in orange juice. Cook and stir until mixture thickens and is smooth. Pour over cooked beets and warm.

Jean Howard

BEETS IN MAST

3 cups cooked beets
1/2 cup mast
Dab of butter

1 teaspoon onion greens
1 teaspoon grated onion
Salt & pepper

Brown onions in butter. Combine other ingredients and cook over boiling water until well heated.

Peace Corps' Iran Cookbook

Vegetables

PICKLED BEETS

2 lbs. beets	1/3 cup cider vinegar
1/2 teaspoon salt	1/3 cup water
2/3 cup sugar	6 cloves

Cook beets in salted water to cover until tender. Drain; cool. Peel beets; cut into 3/8-inch slices. Combine sugar, vinegar, water and cloves in saucepan. Cook over low heat until sugar is dissolved. Add beets. Simmer gently for 30 minutes. Cool. Store covered in refrigerator for 48 hours to blend flavors. If desired, add more vinegar. Yields about 1 quart pickled beets

Marjorie Boettcher

HOW TO COOK FRESH BROCCOLI

Wash broccoli and remove the tough lower portion and all coarse leaves. Split stalks in half lengthwise if they are too large. Place in a saucepan with 1/2 to 1 inch of boiling water, 1 teaspoon salt and 1/2 teaspoon sugar. Bring to boiling point, uncovered, and boil 5 minutes. Cover and continue cooking 15 to 20 minutes or until broccoli is tender. Allow a 2-lb. bunch for 6 servings.

FRESH BROCCOLI WITH NUTMEG-BROWNEB BUTTER

1 bunch (2 lbs.) fresh broccoli	3 tablespoons butter or margarine
1/2 to 1 inch boiling water	1/4 teaspoon ground nutmeg
1 teaspoon salt	1/8 teaspoon ground black pepper
1/2 teaspoon sugar	

Wash broccoli and remove the lower portion and all coarse leaves. Cook as directed above. Remove to serving dish. In the meantime, melt butter or margarine in a small saucepan. Add nutmeg and cook until butter has browned. Add black pepper and pour over broccoli. Serves 6.

Donna Sisk

BROCCOLI CASSEROLE

2 pkgs. frozen uncooked chopped broccoli*	1 egg, well beaten
1 cup mayonnaise	1 can (10 1/2 oz.) cream of mushroom soup
1 cup grated cheese	1 cup browned bread crumbs

*If frozen broccoli is not available, use 1 1/2 lbs. broccoli half cooked.

Mix mayonnaise, cheese, egg and soup. Fold in broccoli. Pour into casserole, top with cheese and 1 cup bread crumbs (browned in a skillet). Bake 45 minutes at 350°F.

Donna Sisk

HOW TO COOK FRESH BRUSSELS SPROUTS

Remove wilted leaves and part of stem. Wash thoroughly. Place in a pan with 1" depth of boiling water and 1 teaspoon salt. Cook 5 minutes without lid, then cover and cook an additional 5 to 15 minutes until crisp-tender. Allow 1 lb. Brussels sprouts for 5 servings.

Donna Sisk

BRUSSELS SPROUTS WITH MUSTARD SAUCE

1 lb. Brussels sprouts	3/4 cup milk
2 tablespoons fat	1/4 cup top milk or light
2 tablespoons flour	cream
1/4 teaspoon salt	1 tablespoon fresh lemon juice
2 1/2 to 3 teaspoons prepared mustard	Parsley (optional)

Cook Brussels sprouts as above. Leave lid off during the first half of the cooking period, or cook with the lid on during the entire time but lift lid 3 or 4 times to permit the escape of gases. Melt the fat, add the flour and salt. Stir in the prepared mustard, milk, top milk or light cream and lemon juice. Cook until of medium thickness, stirring constantly. Pour over Brussels sprouts. Garnish with parsley, if desired. Serves 5.

Donna Sisk

BROILED BRUSSELS SPROUTS

1 qt. fresh Brussels sprouts	1/2 cup Parmesan cheese
Salt & pepper	1/2 teaspoon paprika
6 tablespoons olive oil	

Clean Brussels sprouts. Cook covered in 1" boiling salted water 12 to 20 minutes, until tender. Drain. Place in shallow baking pan and sprinkle with salt and pepper. Add oil and turn sprouts so they are evenly coated. Sprinkle cheese and paprika over sprouts. Broil until cheese is light golden brown.

Jean Howard

Vegetables

HOW TO COOK FRESH CABBAGE WEDGES

Remove outer leaves from 1 medium (2 lbs.) cabbage and save them for use in salads or soup. Cut head into 6 wedges. Place in saucepan with 1 inch boiling beef stock or water and 1/2 teaspoon salt. Bring to boiling point and cook, uncovered, 5 minutes. Cover and cook 5 to 10 minutes more or until tender. Allow 1 two-pound head for 6 servings.

FRESH CABBAGE WITH CARAWAY CHEESE SAUCE

1 medium (2 lbs.) cabbage	1 1/2 cups milk
1" boiling beef stock or water	1/2 teaspoon salt
1/2 teaspoon salt	1/8 teaspoon ground black pepper
2 tablespoons butter or margarine	1 cup shredded cheese (sharp American or other)
1 tablespoon caraway seed	
2 tablespoons flour	

Cook cabbage as above. Remove cabbage from water to a serving dish. Place butter or margarine and caraway seed in a saucepan. Heat until butter is melted. Blend in flour. Add milk and mix well. Stir and cook until of medium thickness. Stir in salt, black pepper and cheese. Heat only until cheese melts. Spoon over cabbage wedges. Serves 6.

Donna Sisk

QUICK CREAMY CABBAGE

6 cups shredded cabbage	Dash pepper
1 3-oz. pkg. cream cheese	1/4 teaspoon celery seed

Cook cabbage, covered, in 1/2 cup boiling salted water 5 minutes or until just tender. Do not drain. Add remaining ingredients and stir until cheese is melted. Serves 4.

Marjorie Boettcher

DILLED CARROTS

1 bunch carrots (approx. 12) cut into sticks	2 teaspoons salt
1 cup white vinegar	1 garlic clove, split
2 tablespoons sugar	Freshly ground black pepper
	1 teaspoon dried dill weed

Pour boiling water over carrots; cook until tender but firm (15 minutes). Drain. Place in small bowl. Mix remaining ingredients and pour over carrots; cool. Cover and refrigerate at least overnight before serving.

Jean Fouladi

HOW TO COOK FRESH CARROTS

Wash and scrape carrots. Cut into 3" x 1/2" strips. Place in saucepan with 1/2" depth of boiling water and 1 teaspoon salt. Cover and cook for 10 to 12 minutes or until tender. Allow 2 pounds fresh carrots for six servings.

ORANGE GLAZED FRESH CARROTS

3 tablespoons fresh orange juice	1/4 teaspoon salt
1 1/2 tablespoons sugar	4 1/2 cups sliced carrots, cooked
1/4 cup butter or margarine	(about 11 medium carrots)
6 whole cloves	Chopped fresh parsley

Combine orange juice, sugar, butter or margarine, cloves and salt in saucepan. Cook until butter is melted and sauce is hot. Remove cloves and pour the mixture over hot carrots, which have been cooked only until crisp-tender. Garnish with fresh parsley. Serves 5.

Donna Sisk

CITRUS HONEY CARROTS

1 lb. carrots	1/4 cup honey
Salt	1 1/2 teaspoons grated orange peel
1/4 cup melted butter or margarine	1 1/2 teaspoons grated lemon peel

Wash and scrape carrots; cook in small amount of boiling salted water until crispy-tender; about 15 to 20 minutes. Drain. Blend melted butter, honey and citrus peels. Pour over cooked carrots and place over low heat until carrots are thoroughly glazed. Makes 4 servings. These look pretty around the edges of a whole, cooked cauliflower.

Rita Hamlet

PIQUANT CARROTS

4 cups small whole cooked carrots	1/4 teaspoon salt
1 tablespoon cornstarch	Several dashes nutmeg
1 tablespoon Tang (orange)	2 tablespoons margarine
	Chopped parsley

Drain carrots, reserving liquid. Add water to liquid to make 3/4 cup. In pan blend cornstarch with Tang, salt and nutmeg. Stir in liquid and bring to boiling, stirring. Reduce heat and cook until mixture thickens. Add margarine and carrots and heat through. Before serving sprinkle with parsley. Serves 6 to 8.

Wanda Krebill

Vegetables

DILLY CARROTS AND BEANS

3/4 cup water	1/2 lb. fresh green beans
1 teaspoon sugar	4 medium-size carrots
1/2 teaspoon salt	1/2 cup Italian dressing,
1/2 teaspoon dill seed*	regular or low-calorie

Combine water, sugar, salt and dill seed in a saucepan; bring to a boil. Wash and trim green beans; leave whole. Add to boiling liquid and boil 5 minutes. Cut carrots into thin strips, 2 to 3 inches long. Add to green beans. Boil until both vegetables are tender and liquid is almost evaporated, about 10 minutes. Add Italian dressing and toss well. Serve hot, or chill and use in tossed vegetable salad.

*Four tablespoons chopped fresh dill or 2 tablespoons dried dill weed can be substituted for seed.

Sara S. Shipley

SWEET AND SOUR CARROTS

2 pieces bacon	1/2 cup vinegar
3 cups sliced, cooked carrots (or 2 cans or 2 pkgs. frozen carrots)	1/3 cup sugar
	Flour
	Onion, chopped
	Green pepper, chopped

If using fresh carrots, slice diagonally 1/8 to 1/4-inch thick and boil until tender. Cut bacon into small pieces and fry. Add cooked carrots, vinegar, sugar and enough flour to thicken a little. Simmer about 45 minutes, stirring occasionally. Put into serving dish and top with chopped onion and green pepper.

Donna Sisk

CARROT LOAF CASSEROLE

2 cups coarsely grated raw carrots	Salt & pepper
1 diced onion	1 cup cooked rice
1/2 cup diced green pepper	1 1/2 cups warm milk
2 tablespoons butter	2 well-beaten eggs

Brown onion and green pepper in butter. Combine remaining ingredients with it, put in baking dish. Bake 45 minutes at 350°F.

Good with white sauce to which hard boiled egg slices have been added.

Peace Corps' Iran Cookbook

CARROT-CHEESE SCALLOP

4 cups sliced carrots, sliced	2 tablespoons flour
diagonally 1/2-inch thick	1 cup milk
1/2 cup water	1 cup grated cheese
2 tablespoons butter	1 can French fried onions*
1/2 teaspoon salt	

Cook carrots in salted water. Drain. Melt butter and stir in flour. Gradually add milk and cook, stirring constantly, until sauce thickens. Add cheese and stir until melted. Put one-third of carrots into a 1 1/2-quart casserole. Cover with one-third of onions. Repeat with carrots, then onions, reserving one-third of onions for top. Pour sauce over all. Bake 15 minutes at 350°F. Sprinkle with remaining onions and bake for 5 minutes more. Serves 5 or 6.

*If French fried onions are not available, try crushed potato chips. If you use potato chips, add 1 tablespoon chopped onion, cooked slightly, to casserole.

Donna Sisk

PAKISTANI CARROT HALWA

1 lb. fresh carrots	1 cup sugar
1 qt. fresh milk	2 tablespoons chopped almonds
1/2 cup melted butter	2 peeled cardamons

Grate carrots and cook in milk until tender. Stir frequently to avoid sticking to pan. When all the milk evaporates, add butter and brown well for five minutes. Then add sugar, almonds and cardamons. Mix well. Cook until all moisture evaporates. Shape into lime-sized balls. Serve as an ice cold dessert or serve as a hot side dish. May be also served as a snack, either hot, cold or at room temperature.

Margaret Samonek

COMPANY CAULIFLOWER

1 whole head cauliflower, cooked	<u>Crumb Topping</u>
Cheese cubes	
1/4 cup cream	1/2 cup dry bread crumbs
Bacon bits, fried crisp	1/4 cup butter

Heat oven to 350°F. Tuck cubes of cheese into cauliflower head. Place in baking dish with cream. Sprinkle with bacon bits and crumb topping. Prepare topping by heating bread crumbs in butter until golden brown. Bake cauliflower for 15 to 20 minutes or until cheese melts.

Jean Howard

Vegetables

CAULIFLOWER PORCUPINE

Tuck toasted, salted, blanched almonds or chashew nuts into whole cooked and seasoned head of cauliflower. Serve with either white sauce or cheese sauce.

Jean Howard

VEGETABLE TRIO

1 medium head cauliflower
1 lb. green beans
1 lb. carrots

Lemon Butter Sauce

6 tablespoons butter
6 tablespoons lemon juice

Cook vegetables until crispy tender. Melt butter with lemon juice. When ready to serve, place cauliflower in center of large serving platter. Spoon green beans and carrots in alternating mounds around edge. Drizzle lemon butter over all. Serve hot.

CORN CASSEROLE

1 20-oz. (#2) can creamed
style corn
2 eggs, well beaten
Salt to taste
1/2 teaspoon sugar

Topping

Equivalent of 2 individual
size boxes corn flakes
1/4 lb. (1/2 cup) melted butter

Add well beaten eggs, salt and sugar to corn. Mix well. Pour into buttered casserole or square pan.

Mix corn flakes and melted butter. Put topping on top of corn. Bake at 350°F. uncovered for approximately 45 minutes.

Betty Arnold

SCALLOPED CORN

2 cups whole kernel corn
2 tablespoons flour
2 eggs, beaten
1 teaspoon sugar

1 1/2 tablespoons margarine
2 cups scalded milk
Salt & pepper
Small chopped onion (optional)

Sprinkle flour over corn. Combine with rest of ingredients and place in greased casserole. Bake uncovered in 325°F. oven 30 minutes or until set.

Jean Howard

SCALLOPED EGGPLANT

1 medium-sized eggplant	2 tablespoons chopped onion
2 tablespoons butter or margarine	2 cups tomatoes
2 tablespoons chopped green pepper	3/4 cup bread cubes
	1 teaspoon salt & pepper

Pare eggplant and cut into small even pieces. Melt 2 tablespoons of the fat in a frying pan. Brown green pepper and onions in the fat. Add tomatoes, salt, pepper and eggplant; simmer 10 minutes. Pour into greased baking dish. Melt rest of fat and mix with bread cubes. Spread over top of eggplant mixture. Bake at 350°F. for 20 minutes or until eggplant is tender and bread cubes are brown.

Mary Duke

STUFFED EGGPLANT

3 small eggplants	1 egg
1 onion, finely chopped	Salt & pepper
3 scallions, chopped	3 tablespoons bread crumbs
Parsley, chopped	2 tablespoons grated Parmesan cheese

Cut eggplants in half lengthwise. Put into salted boiling water and allow to boil 5 minutes. Remove from water to cool. Scoop out center part of eggplants carefully to avoid tearing skin. In skillet saute chopped onion, scallions and parsley. Chop eggplant and add to skillet to saute. Season to taste with salt and pepper. Remove skillet from heat. Crush mixture with fork. Add bread crumbs, egg and cheese; mix well. Stuff eggplant skins with mixture. Sprinkle with more cheese. Bake in 400°F. oven for about 30 minutes or until golden brown.

Lucy Hofmann

EGGPLANT SLICES

Eggplant	American cheese
Butter	Tomato slices
Salt & pepper	

Wash eggplant; do not peel. Slice 1/2-inch thick. Dot with butter; sprinkle with salt and pepper. Broil about 5 minutes. Turn over, dot with butter again, broil 1 minute. Then top each eggplant slice with a slice of cheese and tomato. Broil until cheese is melted and tomato is hot.

Carole Weiblen

Vegetables

BUTTERED LEEKS

12 leeks
1 teaspoon salt

2 tablespoons butter or margarine
Dash seasoned pepper

About 30 minutes before serving:

Cut the leeks into 2-inch pieces. In a medium saucepan over medium heat and in 1 inch of boiling water, heat leeks and 1 teaspoon salt to boiling. Cover and cook for 10 to 15 minutes until fork-tender; drain. Stir in 2 tablespoons butter or margarine and a dash of seasoned pepper. Makes 6 servings.

Billie Drennan

LEEKs A LA CREAME

2 Tbs. fresh leeks
1 tablespoon flour
1/2 tablespoon butter

2 tablespoons cream
1/4 teaspoon nutmeg
Salt & pepper to taste

Trim and cut leeks into finger-length pieces. Add cut leeks to 2 quarts boiling water; cook 10 to 15 minutes or until tender. Remove leeks from pan, but leave one-half quart juice. Stir in butter and flour; bring to a boil. Remove from heat, add cooked leeks and spices, then stir in cream. Serves 4 to 6.

Brigitte Fitzgerald

MOM'S STUFFED MUSHROOMS

1 1/2 to 2 lbs. large mushrooms
1 onion, finely chopped
1/4 cup butter
1/2 cup bread crumbs
1/2 cup grated walnuts

1 teaspoon catsup
1 tablespoon lemon juice
1/2 cup milk
3 bacon strips
Salt & pepper

Wash mushrooms and remove stems. Cook chopped stems and onion in butter for 5 minutes. Add crumbs and nuts. Cook 2 minutes. Add seasonings. Stuff mushroom caps with mixture. Place in baking dish. Pour milk around them and garnish with bacon strips. Bake at 350°F. for 25 minutes. Serves 6 to 8.

Carole Weiblen

STUFFED MUSHROOMS

18 medium mushrooms	2 tablespoons milk
3 ounces cream cheese	Sliced almonds
1/4 cup grated Parmesan cheese	

Remove stems from mushrooms and wipe the caps carefully. Brush with melted butter inside and out. Cream the cream cheese until light and beat in the Parmesan and milk. Fill caps with cheese mixture, top with a sliced almond, and place on buttered baking sheet. Bake at 350°F. for 15 minutes or until browned. Serve at once.

Sheila McNeill

SAVORY MUSHROOMS

1 lb. fresh mushrooms, sliced	1/4 cup butter
1 teaspoon salt	2 tablespoons dry sherry
1/4 teaspoon paprika	1/4 cup parsley
1/2 teaspoon pepper	

Combine all ingredients except parsley in skillet. Cook over medium heat covered, stir occasionally, about 10 minutes or until tender. Sprinkle with parsley.

Jean Howard

MUSHROOMS IN CREAM

1 lb. button mushrooms	1 tablespoon water
6 oz. bacon	Salt & pepper
1 scant tablespoon butter	4 to 6 tablespoons cream
1 tablespoon lemon juice	Parsley

Wash mushrooms and dry. Cut bacon into pieces. Place bacon and butter in pan and cook gently for a few minutes. Add mushrooms, lemon juice, water and seasonings. Cover and simmer gently for five minutes. Remove lid and boil rapidly, stirring, until water has evaporated. Add cream and heat without boiling. Serve with parsley. Serves 4

Jean Howard

Vegetables

DELUXE CREAMED ONIONS

2 lbs. tiny whole onions	Salt & pepper to taste
2 tablespoons butter	1 1/2 cups cream
2 tablespoons flour	1 1/2 cups grated carrots

Peel and cook onions. Melt butter over low heat in heavy saucepan. Blend in flour and seasonings. Cook over low heat, stirring, until mixture is smooth and bubbly. Remove from heat. Stir in cream. Bring to a boil, stirring constantly. Boil 1 minute and then stir in grated carrots. Cook about 3 minutes longer. Pour over drained onions and serve immediately. Serves 4 nicely.

Variation: Add 1 cup grated American cheese to sauce mixture while cooking.

Jean Howard

ROSEMARY GLAZED ONIONS

3 lbs. small white onions, peeled	<u>Glaze</u>
	1/4 cup butter or margarine
	1/2 cup sugar
	2 teaspoons lemon juice
	1/2 teaspoon dried rosemary leaves

In 1 inch of boiling water and 2 teaspoons salt in 3-quart saucepan, bring onions to boiling. Reduce heat; simmer covered for 20 minutes or just until tender. DO NOT OVERCOOK. Drain well and keep hot. Meanwhile, make glaze: In large skillet combine butter, sugar, lemon juice and rosemary. With wooden spoon stir over medium heat until sugar dissolves and mixture comes to a boil. Add onions; cook uncovered 10 minutes, turning onions several times until they become well glazed. Makes 10 to 12 servings.

Jean Howard

ROSY ONIONS

6 medium onions (1 1/2 lbs.)	2 tablespoons honey
2 tablespoons butter	2 tablespoons hot water
1/2 teaspoon salt	1 teaspoon paprika

Peel onions and cut in half crosswise. Place in shallow baking pan. In a small bowl, mix together butter, honey, water, salt and paprika. Spread over onions and cover tightly--with foil if pan has no cover. Bake in a moderate 350°F. oven until onions are tender, 45 to 60 minutes. Serve the rosy sauce in the baking pan with the onions. Makes 6 servings.

Sara S. Shipley

CREOLE OKRA AND CELERY

1/2 cup chopped onion	2 cups okra, cut-up, fresh or frozen
1/2 cup chopped green pepper	2 teaspoons salt
2 tablespoons butter	1/4 teaspoon pepper
2 to 2 1/2 cups cooked tomatoes	1/2 teaspoon basil or oregano
2 cups diced celery	

In skillet, saute onion and green pepper in butter. Stir in remaining ingredients; cook only until celery is crisp-tender, 15 to 20 minutes. Serves 6 to 8.

Rita Hamlet

PUREED PEAS IN ONION CUPS

8 medium onions	1/2 teaspoon sugar
1 chicken bouillon cube in	1/2 teaspoon salt
1 cup water	1 tablespoon butter
10 oz. shelled peas	1 tablespoon cream

Peel onions; place in single layer in medium frying pan. Add bouillon and simmer 30 minutes or until tender but firm enough to hold their shape. While onions cook, combine peas with sugar, salt and 1/4 cup water in small saucepan. Simmer 15 minutes or until very soft. Stir in butter and cream. Put in blender and blend until smooth. Return to pot and keep hot.

Lift onions from broth, trim tops flat and scoop out centers (reserve to use elsewhere). Fill with hot pureed peas and garnish with a piece of pimiento or hard cooked egg slice sprinkled with paprika. This is a good garnish for roast beef, too. Serves 8.

Carole Weiblen

PEAS IN CREAM

2 cups peas, cooked	2 tablespoons butter
1 teaspoon sugar	1/2 cup cream
Salt & pepper to taste	

Drain peas. Add sugar, salt and pepper, butter and cream. Heat. Serves 4.

Jean Howard

Vegetables

FRIED PLANTAIN PIE

3 ripe plantains (platanos)
1/2 cup lard or table oil
3 eggs, separated

4 oz. brown sugar or molasses
Grated white or Parmesan cheese
1/2 teaspoon grated lime peel

Peel plantains and cut in long, thin slices. Fry in lard or table oil. Beat egg whites until stiff and then add the yolks and brown sugar or molasses. Grease a medium-size frying pan thoroughly. Put in one layer of the beaten eggs, place a layer of fried plantains above half-cooked egg layer, and top with a layer of grated white or Parmesan cheese. Repeat layers until all eggs and plantains are used up. Top with grated lime peel. Bake in moderately hot oven until golden brown.

Embassy of the Republic of Venezuela

GERMAN POTATO DUMPLINGS

3 lbs. medium potatoes
2 eggs
1 cup unsifted flour

1/2 cup dry bread crumbs
1/4 teaspoon nutmeg
1/4 cup parsley flakes

Cook unpeeled potatoes, covered, in boiling water until tender. Drain, cool slightly and peel. Put through ricer or large-holed strainer. Spread on paper towels to dry well (overnight is fine). Turn into large bowl. Lightly toss with salt and pepper. Make well in center. Break in eggs. Sift 3/4 cup flour over eggs, add bread crumbs, nutmeg and parsley. With hands, work mixture until it is smooth and holds together. Shape into approximately 18 egg-size balls. Roll in remaining flour.

Meanwhile, in large saucepan boil about 3 quarts of lightly salted water; reduce heat. Drop in dumplings one at a time, just enough to fit on bottom of pan. Boil gently, uncovered, 2 minutes after they float (give them a nudge if needed). Remove with slotted spoon. Drain on paper towels. Serve hot with Sauerbraten and gravy. To reheat, slice and fry in butter. Serves 6 to 8.

Carole Weiblen

CRISPY CHEESE POTATOES

6 cups thinly sliced, peeled
potatoes
Salt

2 tablespoons butter, melted
1 cup shredded cheddar cheese
1/2 cup fresh bread crumbs

Preheat oven to 425°F. In greased 13" x 9" baking pan, toss potatoes and salt and arrange in even layers. Drizzle butter over potatoes and then sprinkle on cheese; sprinkle on bread crumbs last. Bake 20 minutes or until fork tender. Makes about 10 servings.

Jean Howard

GOURMAND POTATOES

4 large potatoes	2 cups light cream
4 slices bacon	1/4 cup chopped dill
1/4 cup fat	Pepper
3 1/2 tablespoons flour	1/2 medium onion, chopped

Peel and slice potatoes. Simmer until tender. Cook bacon until crisp. Put fat into cup and drain bits of bacon on paper. Have 1/4 cup fat (add butter if needed) in heavy pan and blend in flour. Add cream and cook until thick. Season with dill and pepper. Add salt if desired. Place potato slices in greased casserole. Add one-half of onion and cover with half the sauce. Repeat. Sprinkle bacon over top. Bake in 350°F. oven for 30 minutes. Makes 6 servings.

Jean Howard

DEVILED STUFFED POTATOES

4 potatoes for baking	Paprika
4 tablespoons butter	Milk
Salt & pepper	1 4 1/2-oz. can deviled ham
1/2 teaspoon prepared mustard	

Bake potatoes in 425°F. oven until done. Cut slice from top and scoop out inside and mash. Add butter, salt, pepper, mustard and a little paprika. Beat in enough milk to make stiff consistency. Stir in deviled ham just enough to swirl the meat through the potatoes. Pile mixture back into shells and put back into oven. Bake until heated through and lightly browned. May be made ahead, frozen and then reheated.

Jean Howard

GERMAN POTATO SALAD

2 lbs. potatoes	1 teaspoon salt
2 cups bouillon	1/2 teaspoon pepper
1 medium onion, diced	1/4 to 1/2 teaspoon garlic powder
1/4 cup vinegar	Chopped salad pickles or
1/3 to 1/2 cup salad oil	cucumbers (optional)

Boil potatoes and peel while still hot. Slice into bowl, add chopped onions and spices and pour in bouillon. Fold gently and let set at room temperature for 20 to 30 minutes. Fold in oil and vinegar and serve at room temperature. Serves 6.

Brigitte Fitzgerald

Vegetables

SAVORY POTATO PUFF

1/4 to 1/2 cup butter, melted	1 teaspoon salt
3 cups mashed potatoes	1/2 teaspoon pepper
2 eggs	4 to 6 slices bacon
3/4 cup milk	1/4 cup chopped onion
1/4 cup white wine	Grated American cheese

Blend butter into potatoes. Beat eggs and add with milk, wine, salt and pepper. Beat until well blended. Stir in crisp, crumbled bacon cooked with onion. Turn into lightly buttered casserole and top with cheese. Bake at 325°F. for 45 to 50 minutes. Serves 6 to 8.

Carole Weiblen

POTATO PIE

1/2 lb. potatoes, mashed	3 tablespoons butter
2 eggs	1 cup grated pizza cheese
1 pkg. "Camping" cheese, grated	1/2 teaspoon paprika

Preheat oven to 350°F. With 1 tablespoon of butter, grease baking dish. Thoroughly mix eggs with mashed potatoes. Mix "Camping" cheese and pizza cheese. Alternate layers of potatoes with layers of cheese mixture, beginning with potatoes and topping with cheese. Divide remaining butter into small pieces and sprinkle on top. Top with paprika. Bake for 30 to 40 minutes or until the top is golden brown. Serves 4.

Kim Caplinger

PUMPKIN FRITTERS

2 cups ripe pumpkin or squash	1 egg
1/2 cup chopped scallions (or part scallions and part Bermuda onions)	Salt & pepper
	Flour
	2 tablespoons oil, approx.

Shred ripe pumpkin or squash. Add chopped scallions. Add egg, salt and pepper and enough flour to hold mixture together to form into patties. Promptly start frying in vegetable oil until golden brown on all sides. Serve hot.

Lucy Hofmann

CRUNCHIE SPINACH

1 lb. fresh spinach (1 can or	1 cup thinly sliced celery
1 pkg. frozen may be used)	1 or 2 tablespoons horseradish
1 or 2 tablespoons cream	

Cook fresh spinach about 12 minutes. Drain well. Cook celery about 6 minutes in small amount of water and drain. Combine drained vegetables with cream and horseradish, salt and pepper to taste. Serve hot to 3 or 4.

Sara S. Shipley

PERSIAN SQUASH

To prepare the large, orange Persian squash, cut in half, scoop out seeds. Put in large baking pan with one inch of water and bake one hour or more, until soft. Peel and mash well. Alternate method: Peel first and cube. Pressure cook or boil until soft. Drain well and mash. Use in place of canned pumpkin, but reduce other liquid in recipes which call for canned pumpkin.

Carole Weiblen

DIETERS' ZUCCHINI SQUASH IN TOMATO SAUCE

4 to 6 squash washed and sliced	12 oz. tomato juice
1 cube chicken bouillon	Onion flakes
Dash oregano	2 tablespoons chopped bell pepper
Parsley flakes	Garlic powder
Salt	

Cook together until squash is tender. Great topped with cheese and broiled.

Darlene Fink

RATATOUILLE

1 can (1 lb.) tomatoes, drained	2 cups diced summer squash
and juice reserved	1 green pepper, diced
1 clove garlic	Salt & pepper
1/2 medium onion	

Put tomato juice in skillet with garlic and onion. Bring to a boil. Add squash and green pepper and simmer 10 to 15 minutes. Add tomatoes and simmer another 10 minutes. Season to taste with salt and pepper. Serves 4. Each serving has 45 calories.

Donna Sisk

Vegetables

WRITE MORE RECIPES HERE

Sweet Endings



SWEET ENDINGS

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DIRTY GEORGE'S WALNUT PIE

1 cup chopped or grated walnuts	3 eggs
and then some	1 teaspoon vanilla extract
1 cup sugar	1/4 teaspoon salt
1 tablespoon butter	Whipped cream
1 cup dark corn syrup or equivalent	Baked pie shell

Cream butter and sugar and add all other ingredients. Mix thoroughly in bowl with wooden spoon. Pour into pie shell which has been baked in hot oven for about 10 minutes. Top with whole walnut halves and bake in slow oven (250°F.) for about 1 1/4 hours or until filling is firm. Serve with whipped cream and *don't worry--there's nothing in the pie that won't make you fat!*

From the files of George Ellsworth

PIE CRUST For 9-inch Pie Shell

1/2 cup shortening	1 cup flour
1/2 teaspoon salt	1/4 cup ice water (approx.)

Sift flour and salt. Cut in shortening. Add ice water--just enough to hold together. Roll out this pastry and line pie plate. Chill pie shell in refrigerator. Brush top and sides with milk and bake at 450°F. until light brown, about 12 minutes.

Joanne Eivaz

MOCK PECAN PIE

2 eggs	3/4 cup dark corn syrup
1 cup sugar	3/4 cup oatmeal
1/2 cup milk	1/2 stick (1/4 cup) butter
2 teaspoons vanilla	or margarine
1/8 teaspoon salt	1/2 cup coconut

Mix ingredients together and pour into unbaked shell. Bake at 350°F. for 1 hour.

Mary Duke

SOUR CREAM CHERRY PIE



Crust

1 1/2 cups ginger snap crumbs
1/4 cup sifted confectioners
sugar
6 tablespoons melted butter
1 teaspoon cinnamon

Filling

3 eggs
3/4 cup sour cream
3/4 cup sugar
2 cups sour cherries

Preheat oven to 300°F. Crush ginger snaps fine. Stir into them the sugar, butter and cinnamon; blend well. Reserve one-fourth of the crust. Pat the rest into a 9" pie pan. Bake for 15 minutes and cool before filling.

Advance oven to 325°F. Beat the eggs, then add the remaining ingredients. Pour into cooled pie shell, sprinkle reserved crumbs from crust over top. Bake about 1 hour or until the filling is firm. Chill before serving.

Karen Chubak

SHONEY'S STRAWBERRY PIE

1 cup sugar
3 tablespoons cornstarch
1 cup boiling water
3 drops red food coloring

5 tablespoons strawberry Jello
1 qt. strawberries
Whipped cream
Baked 9-inch pie shell

Mix sugar, cornstarch and water. Cook until clear. Add food coloring and Jello. Let cool. Slice strawberries into baked pie shell. Pour cooled filling over berries. Chill well. Serve with whipped cream.

Jean Rowe

RAISIN PIE FILLING

1 lb. raisins
1 qt. water
2 eggs, beaten
1 cup sugar
1 tablespoon butter

1/2 teaspoon salt
3 tablespoons flour
Lemon juice or extract to taste
Cinnamon
Nutmeg

Bring to a boil raisins and water. Add beaten eggs, sugar, butter, salt, flour and lemon juice. Boil a little while; then when cool, add cinnamon and nutmeg to taste (not quite a teaspoon).

Louise E. Maclean



BANANA CREAM PIE

Filling

2/3 cup sugar
1/2 teaspoon salt
2 1/2 tablespoons cornstarch
1 tablespoon flour
3 cups milk
3 egg yolks, slightly beaten
1 tablespoon butter
1 1/2 teaspoons flavoring or vanilla
3 bananas

Meringue

3 egg whites
1/4 teaspoon cream of tartar
6 tablespoons sugar
1/2 teaspoon flavoring (optional)

Mix sugar, salt, cornstarch and flour in saucepan. Gradually stir in milk. Cook over moderate heat, stirring constantly, until mixture thickens and boils. Boil one minute, remove from heat and stir a little of this mixture into egg yolks. Then blend into hot mixture in saucepan and boil one minute more. Add butter and flavoring. Keep stirring after removing from heat for a little while. Pour this over sliced bananas in baked pie shell. Cover with whipped cream topping or meringue.

To prepare meringue, beat egg whites with cream of tartar until frothy. Add sugar (a little at a time). Beat until stiff and glossy. Add flavoring now if you want to. Pile on pie. Don't bake, just brown at high temperature if you want to, about one minute.

Joanne Eivaz

FROZEN PUMPKIN PIE

1 to 1 1/2 cups cooked pumpkin,
fresh or canned
1/2 cup brown sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon ginger
1/8 teaspoon cloves

1 qt. vanilla ice cream
1 ready-made graham cracker
pie crust

Topping (optional)

Whipped cream & pecans

Combine pumpkin, sugar and all spices. Fold into the softened ice cream. Fill pie shell. Freeze until firm. May be topped with whipped cream and pecans.

The pie can also be made in a 9-inch square pan, lined with graham cracker crust. For the crust mix 1 1/2 cups graham cracker crumbs with 1/4 cup each of sugar and melted butter. Press into bottom of pan.

Then pour filling into crumb-lined pan. Cover and freeze until firm. Cut into squares. May be topped with whipped cream and pecans. Makes 8 to 10 servings.

Whichever form is used for this exceptional pie, remove from the freezer 1/2 hour before serving.

Maria Forsyth

LEMON MERINGUE PIE

Filling

1 1/2 cups sugar
 3 tablespoons cornstarch
 3 tablespoons flour
 Dash salt
 1 1/2 cups hot water
 3 slightly beaten egg yolks
 2 tablespoons butter
 1/2 teaspoon grated lemon peel
 1/3 cup lemon juice (use fresh lemons)
 1 baked 9-inch pastry shell
 1 recipe meringue

Single-Crust Pastry Shell

1 cup sifted flour
 1/2 teaspoon salt
 1/3 cup shortening
 2 to 3 tablespoons cold water

Meringue

3 egg whites
 1/2 teaspoon vanilla
 1/2 teaspoon cream of tartar
 6 tablespoons sugar

For pastry shell, use fork to mix flour, salt and shortening until crumbly. Add water. Roll out to fit pie pan, prick with fork. Bake at 425°F. for 10 to 15 minutes or until golden brown.

In saucepan, mix first 4 filling ingredients; gradually add hot water stirring constantly. Cook and stir over high heat until mixture come to a boil. Reduce heat, cook and stir 2 minutes. Stir small amount of hot mixture into egg yolks, then return to hot mixture. Bring to a boil and cook 2 minutes, stirring constantly. Add butter and lemon peel. Slowly add lemon juice, mixing well. Pour into pastry shell. Spread meringue over filling. Bake in moderate oven, 350°F., 12 to 15 minutes. Cool before serving. Note: for creamier filling, cook and stir first five ingredients 8 minutes over low heat after mixture comes to a boil. Blend in egg yolks as above, cook 4 minutes after mixture boils.

For meringue, beat egg whites with vanilla and cream of tartar until soft peaks form. Gradually add sugar, beating until stiff peaks form and all sugar is dissolved. Spread on pie and bake 12 to 15 minutes in 350°F. oven.

B. Haeri

FRENCH MINT PIE

2 sq. unsweetened chocolate
 1 cup sifted confectioners sugar
 1/4 lb. (1/2 cup) butter, softened
 2 eggs
 1/4 teaspoon mint flavoring
 1 9" graham cracker pie shell

Dissolve chocolate over hot water and let cool. Beat sugar and butter until smooth. Add eggs, one at a time, unbeaten. Beat until smooth. Add chocolate, then mint. Spread in pie shell.

Flo Cox

EGGNOG PIE

Vanilla wafer crust
2 cups eggnog
(see Holiday Eggnog recipe)

2 tablespoons unflavored gelatin
1 cup heavy cream, whipped
Nutmeg

Sprinkle gelatin over 1 cup eggnog in top of double boiler; let stand 5 minutes to soften. Then heat, stirring until gelatin is dissolved. Do not boil. Remove from heat. Add rest of eggnog; stir until well mixed. Refrigerate until mixture is thick and syrupy. With rotary beater, beat until frothy. Then gently fold in whipped cream until well combined. Pour into crust and refrigerate 4 hours until firm. Sprinkle with nutmeg.

Carole Weible

"HADAR" ORANGE CHIFFON PIE
(Israeli)

3/4 cup sugar
1 pkg. lemon gelatin
1 cup orange juice
1 cup water
4 egg yolks, slightly beaten

1 tablespoon grated lemon rind
4 egg whites, beaten stiff
1/2 teaspoon cream of tartar
Baked pie shell, cooled

In top of double boiler, blend together 1/4 cup sugar, gelatin, orange juice, water and egg yolks. Cook over hot water, stirring constantly, until almost boiling. Stir in rind. Cool. Fold in egg whites mixed and beaten with remaining sugar and cream of tartar. Pour into cooled pastry shell and allow to set for a few hours in refrigerator. Top, if desired, with whipped cream.

Schelly Dardashti

FOUR-MINUTE BROWNIE PIE

1 cup sugar
2 eggs
1/2 cup soft butter or margarine
1/2 cup flour

3 to 4 tablespoons cocoa
1 teaspoon vanilla
Pinch salt
1/2 cup chopped walnuts

Place all ingredients except nuts in mixing bowl and beat 4 minutes. Stir in nuts and pour into greased pie pan. Bake at 325°F. for 30 minutes or until done. Pie will settle like a meringue when cool. Cut into wedges and serve with whipped cream or ice cream. Serves 8. Ingredients may be doubled or tripled.

Ann Rolfe

Carole Weible substitutes 3/4 cup oil for the margarine.

Sara S. Shipley uses 2 tablespoons cocoa and 1/4 teaspoon salt.

Desserts

ANGEL PIE

1 1/2 cups sugar
1/4 teaspoon cream of tartar
4 egg whites
4 egg yolks
3 tablespoons lemon juice

1 tablespoon grated lemon rind
1/8 teaspoon salt
2 cups whipping cream
Strawberries

Prepare the day before you plan to serve. Preheat oven to 275°F. Sift 1 cup sugar with cream of tartar. Beat egg whites until they stand in stiff, not dry, peaks. Slowly add sugar mixture. Continue beating until very stiff and glossy. Spread this meringue over bottom and up sides, just to rim, of greased 9-inch pie plate, making bottom 1/4-inch thick and sides 1-inch thick. Bake 1 hour or until shell is light brown and crisp. Cool.

Meanwhile, in double boiler top, beat egg yolks slightly. Stir in 1/2 cup sugar, lemon juice and rind, and salt. Cook, stirring, over boiling water until thickened (8 to 10 minutes). Cool. Whip 1 cup cream; fold into cooled lemon mixture. Pour into center of cooled meringue shell, making sure all the little pockets are filled as you go. Smooth top. Refrigerate pie at least 12 hours, preferably 24. Serve topped with 1 cup whipped cream, garnish with strawberries.

Sandra Warren

CHEESE CAKE

Crust

1 cup flour
1 teaspoon baking powder
1 tablespoon sugar
1 teaspoon vanilla
5 tablespoons butter

Cream Filling

1/2 cup butter
1 cup sugar
3 egg yolks
1 large lemon
2 1/2 to 3 cups stiff yogurt
12 sheets gelatin
3 egg whites
1 tablespoon sugar
1 cup whipping cream

Mix together all ingredients for crust and press into a greased pan. Bake approximately 30 minutes at 300°F. or until golden brown. Cool.

Beat together until soft the butter, 1 cup sugar, egg yolks, juice and rind of the lemon. Add stiff yogurt, not the milk variety, which has been strained through a cloth. Put gelatin sheets in cold water (approximately 1 cup) for 10 minutes. Put on a low fire to melt, then pour through sieve. Add to filling mixture. Fold in egg whites, stiffly beaten with 1 tablespoon sugar. Carefully fold in whipped cream, or if the local heavy cream is used, it need not be whipped. Pour over crust and refrigerate until ready to serve.

Julitta Behrooz

CHEESE CAKE A LA MAST

1/2 kilo mast	2 to 3 teaspoons flavoring,
4 to 5 eggs	lemon, orange juice, etc.
1 cup sugar	1 prepared crumb crust
2 tablespoons flour	

Combine mast, eggs, sugar, flour and flavoring. Pour into prepared crumb crust. Bake 1 1/2 hours at 350°F. or until hard and brown. Cool before serving.

Peace Corps' Iran Cookbook

CHOCOLATE RUM CHEESE PIE

Graham cracker or wafer crust

Cheese Filling

4 3-oz. pkgs. cream cheese,
softened
2 eggs
1/4 cup cocoa
3 1/4 cups sugar
1 1/2 teaspoons rum flavoring
1/4 teaspoon vanilla extract

Topping

1 cup heavy cream
1/4 cup sifted confectioners
sugar
1 1/2 teaspoons rum flavoring
1/2 cup sour cream

Mix all filling ingredients and beat with mixer until smooth. Turn into crust and bake 40 to 45 minutes or until center seems firm when gently shaken. Cool completely on wire rack.

Whip cream with sugar and rum flavoring until just stiff. Gently fold in sour cream with rubber scraper. Spread evenly over top of cooled pie. Refrigerate 5 hours or overnight. Decorate with chocolate curls.

Carole Weiblen

BANANA DESSERT PANCAKES

4 bananas	3 egg whites beaten stiff
1 1/2 teaspoons baking powder	1/3 cup vegetable oil
4 egg yolks, beaten	1/2 cup powdered sugar

Buy very ripe bananas, mash smooth. Mix in baking powder and egg yolks, then fold in egg whites. Heat oil in skillet until it bubbles. Drop mixture into it by tablespoons; brown on both sides. Drain, dip in powdered sugar and serve hot.

Schelly Dardashti

Desserts

CREPES SUZETTE

2 cups (8 oz.) flour	1 orange
Salt	1/2 cup (4 oz.) sugar
4 eggs	1 glass Cognac
1/2 liter (17 oz.) milk	1 glass Grand Marnier liqueur
1/2 cup (4 oz.) butter	

Mix in a bowl the flour, salt and eggs. Add the milk and finally 1 tablespoon golden brown butter. Let it rest for some minutes. When preparing the pancakes, add, if necessary, some water and some of the liqueur.

Make the pancakes very thin. Stack them one on the other until you have done them all.

Mix 3 1/3 oz. of butter with scraped orange peel. Put 1 tablespoon of this orange butter in the pan, which should not be too hot. Put 1 pancake in it, turn it, sprinkle some sugar over and fold it, twice. Repeat this procedure with all pancakes. Finally put all of them once more in the pan. Pour the Cognac and remaining Grand Marnier over them, add sugar, let boil and flame and serve from the pan.

Yields approximately 15 pancakes, serving 5 persons.

Maurice Brazier

PAT BRINTON'S PAVLOVA CAKE

3 egg whites	1 teaspoon vanilla
6 tablespoons (heaping) sugar	Whipped cream
1 teaspoon vinegar	Fruit topping (see below)
1 teaspoon cold water	

Preheat oven to 300°F. Whip egg whites until dry and self-supporting. Add sugar, then liquids. Pile mixture in center of big square of foil. Bake for 1 hour, reducing heat to 250°F. after first ten minutes. Cool. Pile with fresh whipped cream and raspberries or bananas and strawberries, passion fruit, kiwi fruit, or whatever fruit mixture you have available.

I never try to peel foil from cake, just lift foil and all to serving plate and trim excess foil.

Pat Brinton

MERINGUE IMPERIAL

6 egg whites	3 cups seedless grapes
1/8 teaspoon salt	2 cups black grapes, seeded
2 cups sugar	3/4 cup broken walnuts
1 teaspoon white vinegar	2 squares semisweet chocolate
1/2 teaspoon vanilla extract	28 walnut halves
2 cups heavy cream	

Early in the day, start heating oven to 275°F. In large bowl, with mixer at high speed, beat egg whites with salt until they stand in stiff peaks. Then add sugar, about 2 tablespoons at a time, beating well after each addition. Add vinegar and vanilla; beat well, about 10 minutes. Drop this meringue, by tablespoonfuls, onto waxed paper-lined cookie sheets, making 18 oval mounds, each 4" x 1 1/2". Bake 45 minutes; reduce heat to 250°F and bake 15 minutes longer, or until delicately firm. Remove to rack and cool. Store in covered container.

One hour before serving, on large cake plate, arrange 5 meringues in a 9" ring. In center, lay 4 meringues, slightly crushed. Cover entire surface with half of cream, whipped, half of seedless and black grapes, and half of the broken walnuts. Top with half of the chocolate, made into curls with a potato peeler. Top with second ring of 5 meringues; then center second layer of crushed meringues, covered with rest of whipped cream, grapes, broken walnuts and chocolate curls. Tuck walnut halves here and there. Refrigerate until served. Makes 10 servings.

Lilly DeWoody

SUMMER STRAWBERRY DESSERT

1 cup sifted all-purpose flour	2 cups sliced fresh strawberries
1/4 cup brown sugar	(frozen berries may be used,
1/2 cup walnuts, chopped	reduce granulated sugar to
1/2 cup butter or margarine, melted	2/3 cup and partially thaw
2 egg whites	berries)
1 cup granulated sugar	2 tablespoons lemon juice
	1 cup whipping cream, whipped

Stir together flour, sugar, nuts and melted butter. Spread in shallow pan and bake in 350°F. oven for 20 minutes, stirring occasionally. Remove and cool slightly. Sprinkle 2/3 of this mixture in a 9" x 12" baking pan. Combine egg whites, sugar, berries and lemon juice in large mixing bowl. Beat at high speed to stiff peaks, about ten minutes. Fold in whipped cream. Spoon over nut mixture in pan. Top with remaining nut mixture. Freeze six hour or overnight. Cut into squares. Serves 10 to 12.

Ruth Dillon

ITALIAN SPUMONE

1 1/2 pints vanilla ice cream	3/4 cup whipping cream
Rum flavoring to taste	1/3 cup instant cocoa (dry)
6 candied or maraschino cherries	
1 1/2 pints vanilla ice cream	1 10-oz. pkg. frozen red
Pistachio flavoring to taste	raspberries, thawed
(also can use almond flavor)	1/2 cup whipping cream
Few drops green food coloring	1/4 cup sifted confectioners sugar
1/3 cup finely chopped unblanched	
almonds or pistachios	

Eggnog Layer: For mold, chill a 2-quart metal bowl in freezer. Stir 1 1/2 pints ice cream just to soften; stir in rum flavoring. Refreeze only until workable. With chilled spoon, spread quickly in layer over bottom and sides of chilled bowl, being sure ice cream comes all the way to top. (If ice cream tends to slip, refreeze in the bowl until workable.) Circle cherries around bottom of bowl. Freeze firm.

Pistachio Layer: Stir 1 1/2 pints ice cream just to soften; stir in pistachio flavoring, green food coloring and nuts. Refreeze only until workable. Quickly spread over top and sides of first layer. Freeze firm.

Chocolate Layer: Combine 3/4 cup cream and cocoa; whip to peaks. Quickly spread over Pistachio Layer. Freeze.

Raspberry Layer: Drain berries and sieve. Mix 1/2 cup cream confectioners sugar and dash salt; whip to peaks. Fold in berries. (Add a few drops of red food coloring if needed.) Pile into center of mold; smooth top. Cover with foil. Freeze 6 hours.

To serve: Peel off foil. Invert on chilled plate. Rub bowl with towel wrung out of hot water to loosen; lift off bowl. Makes 12 to 16 servings.

Janet Walker

CHOCOLATE MINT TORTE

Chocolate crumb crust	1 pint whipping cream
1 pkg. marshmallow tidbits	3 oz. creme de cocoa
(10 1/2 oz.)	3 oz. creme de menthe
1/2 cup milk	

Prepare chocolate crumb crust. Pat in small torte pan 8" x 8". Place marshmallows and milk in double boiler. Heat until marshmallows are melted. Cool. Whip cream very stiff; add creme de cocoa, creme de menthe and cooled marshmallows. Pour into chocolate crumb crust and refrigerate overnight.

Jean Howard

BROKEN GLASS TORTE

1 pkg. orange or lemon gelatin	1/4 cup cold water
1 pkg. red gelatin	1/2 cup pineapple juice
1 pkg. green gelatin	1 pint whipping cream
4 3/4 cups boiling water	1/2 cup sugar
1 envelope unflavored gelatin	Graham cracker crust, or angel food cake slices

Prepare flavored gelatins separately in 3" x 8" pans using 1 1/2 cups water for each package. When firm, cut into 1-inch squares. Soak unflavored gelatin in cold water. Add 1/4 cup hot water. Mix well and add pineapple juice.

Whip cream and add sugar. Fold into pineapple mixture. Add gelatin squares and toss gently.

Line a spring form pan on bottom and sides with graham cracker crust or angel food cake slices. Fill with gelatin mixture. Chill several hours.

Jean Howard

SUMMER DELIGHT
(Frozen Dessert)

1 small can (2/3 cup) evaporated milk	4 tablespoons lemon juice
1 egg, separated	1/2 to 2/3 cup sugar
Dash of salt	Grated lemon rind
	4 tea biscuits, finely crushed

Empty can of milk into an ice tray and leave in freezer until semi-frozen. Empty into small mixing bowl; add egg white and salt. Beat until thick (a few minutes) then add 2 tablespoons lemon juice and rind; beat one minute longer.

In a small bowl, mix the egg yolk, 2 tablespoons lemon juice, and sugar. Fold this mixture into the cream. Sprinkle half the crumbs on bottom of ice tray; pour in the sherbet; sprinkle remaining crumbs on top and freeze. Serves 5.

Myra Bernard



LEMON SHERBET

1 small can (6-oz.) evaporated milk	2/3 cup sugar
1 egg white	2 egg yolks, beaten
Dash salt	Rind of 1 lemon, grated
5-7 tablespoons lemon juice	4 tablespoons cooky crumbs

Chill evaporated milk in ice cube tray until ice begins to form. Empty into chilled bowl; add egg white and salt. Beat with cold beaters at high speed until thick (one or two minutes). Add 2 or 3 tablespoons lemon juice, beating a few seconds longer. Combine sugar, egg yolks, 2 to 4 tablespoons lemon juice and grated lemon rind. Fold into cream. In bottom of tray used, sprinkle 2 tablespoons cooky crumbs. Pour in the sherbet and top with 2 tablespoons crumbs. Freeze. Serves 5.

Dura Clarke

LIME SHERBET

1 cup boiling water	Rind and juice of 2 lemons
1 pkg. lime jello	1 quart milk
1 1/2 cups sugar	

Dissolve jello powder and sugar in boiling water. Add lemon juice, rind, and milk. Put in freezer trays and freeze, but not hard. Take out and put into bowl and beat until smooth. Put back into trays and freeze.

Jean Fouladi

POMEGRANATE SHERBET

2 cups water	1/4 teaspoon salt
2 1/2 cups sugar	1 quart milk
1 400 gm. bottle concentrated pomegranate juice (1 3/4 cups)	1/2 pint heavy cream
	Additional water, if needed

Combine 2 cups of water and sugar in a saucepan. Bring to a boil. Chill in refrigerator before adding remaining ingredients. Fill four-quart freezer to level recommended by manufacturer, using additional water if necessary. Freeze and ripen.

Rita Hamlet

KOOL AID ICE CREAM

1 pkg. Kool Aid (lime, cherry, or orange flavor)	2 cups sugar
	3 quarts milk

Mix together in ice cream freezer the above ingredients. Crank until very stiff. Serve immediately or put in containers and freeze. Makes 1 gallon of sherbet-like ice cream.

CHOCOLATE DELIGHT

2 cups fine vanilla wafer crumbs	1 cup heavy cream (or 1 pkg. Dream Whip)
1/3 cup melted butter or margarine	1 cup chopped walnuts
1/2 cup butter or margarine	1 fully ripe banana, mashed (or substitute peppermint flavoring)
1 1/2 cups confectioners sugar	1/4 cup sliced maraschino cherries
2 eggs	
1/4 cup sugar	
2 tablespoons cocoa	

Mix together crumbs and melted butter; reserve 2-3 tablespoons for top. Press remainder in bottom of 8" x 8" pan.

Cream together 1/2 cup butter and confectioners sugar. Add eggs, one at a time, beating well after each addition. Spread over crumbs.

Combine sugar, cocoa and cream; whip. Fold in nuts and fruits; pile atop mixture in pan. Sprinkle reserved crumbs over. Chill 24 hours or freeze. Makes 10 to 12 servings. Keeps for months in freezer.

Audrey Peterson

WINTER DATE DESSERT

2 eggs, beaten	3 tablespoons flour
3/4 cup sugar	1 teaspoon baking powder
1/4 cup evaporated milk or cream	1/8 teaspoon salt
1/2 lb. dates, cut in pieces	2 cups whipping cream (or 1 cup whipping & 1 cup Dream Whip)
1 cup nuts, scalded and drained, then chopped	Maraschino cherries, chopped (optional)

Beat the eggs. Add sugar, evaporated milk, dates and nuts. Combine flour baking powder and salt and add to the above mixture. Pour into a well-greased pan (8" x 12"). Bake 20 minutes at 325°F. When cool, pick apart into small pieces with a fork and pile on a plate or in individual serving dishes. Make a layer of cake pieces, then a layer of whipped cream, adding a few pieces of chopped maraschino cherries if desired. Do not stir or mix, just pile lightly together and top with a little whipped cream and a cherry. Dream Whip alone is too sweet; however, a combination of Dream Whip and an equal amount of whipped cream is just right and holds its shape well. Cake may be made several days in advance, picked apart, sealed in an airtight container, refrigerated or frozen, and combined with cream shortly before serving. This dessert is easy to make and fast. It is spectacular when piled into a "mountain" on one plate and served at the table.

Ruth Dallon

Desserts

PINEAPPLE BRIDGE DESSERT

- | | |
|--|------------------------|
| 1 1/2 cups crushed vanilla wafers | 1/2 cup sugar |
| 1/3 cup melted butter or margarine | 3 egg yolks |
| 1 No. 2 can (2 1/2 cups) crushed pineapple | 1/2 cup broken walnuts |
| 1 pkg. lemon-flavored gelatin | 3 egg whites |
| 1/3 cup butter or margarine | 1/4 cup sugar |

Combine crumbs and melted butter. Line bottom of a buttered 9" x 9" x 2" pan with 1 cup of the crumb mixture. Drain pineapple, reserving syrup. Heat syrup to boiling and remove from heat. Add gelatin and stir to dissolve. Cool to room temperature. Cream 1/3 cup butter and 1/2 cup sugar. Add yolks and beat well. Stir in gelatin, pineapple, and nuts. Beat whites until soft peaks form. Gradually add 1/4 cup sugar, beating until stiff peaks form. Fold into gelatin. Pour into pan and top with remaining crumbs. Chill until firm. Cut into 9-inch squares. Store in refrigerator, but do not freeze. Since pineapple is so expensive here, you can use a smaller amount of pineapple and the dessert tastes almost the same.

Audrey Peterson

PINEAPPLE SQUARES

- | | |
|---------------------------------|------------------------------------|
| 1 1/4 cups vanilla wafer crumbs | 3/4 cup drained, crushed pineapple |
| 1/2 cup butter | |
| 1 cup confectioners sugar | 1 jar (1 1/2 cups) heavy cream |
| 1 egg | 1 teaspoon vanilla |

Melt 1/4 cup butter and mix well with vanilla wafer crumbs. Press into greased pan, reserving one-fourth of the mixture for topping. Bake for 5 to 10 minutes in a 325°F. oven. Cool.

Cream remaining 1/4 cup butter, confectioners sugar and egg. Beat well and spread on cooled crust. Whip cream to form stiff peaks, add vanilla. Fold in pineapple. Spread on top of mix in the pan. Top with remaining crumbs. Refrigerate overnight.

Louise MacLean

LIME MOUSSE

- 1 package lime Jello
- 1 cup evaporated milk
- 1 cup boiling water

Dissolve Jello in 1 cup of boiling water. Set aside until cool, not set (about 1/2 hour). Beat evaporated milk until very frothy. Slowly add Jello and continue beating for a few minutes until mixed well. Refrigerate until set (about 1 hour).

Jackie Manuel

ORANGE DESSERT

- | | |
|--------------------------------|----------------------------|
| 2 cups vanilla wafer crumbs | 1 cup sugar |
| 1/2 cup pecans | 2 or 3 tablespoons flour |
| 1 can toasted coconut | 1 1/2 cups milk |
| 1/2 cup butter | 3 egg yolks |
| 1 pkg. orange Jello | 1/2 pint whipped cream |
| 1/4 cup water | 3 egg whites, beaten stiff |
| 1 13-oz. can drained pineapple | |

Mix wafer crumbs, pecans, coconut and butter. Press into a 9" x 13" x 2" container.

Dissolve Jello in water. Add pineapple. Make custard of sugar, flour, milk and egg yolks. Cook until thick and smooth. Add gelatin mixture and cool. Add whipped cream. Fold in egg whites. Pour into shell.

Maydalen Siler

GRAPE CREAM

- 4 cups seedless white grapes
1 cup sour cream or yogurt
1/2 cup brown sugar



Combine all ingredients and refrigerate for 2 hours, overnight is better. Serve in parfait glasses.

Jean Howard

RASPBERRY DESSERT

- | | |
|-------------------------------|---------------------------|
| 2 3-oz. pkgs. raspberry Jello | 1 large angel food cake |
| 1 pint whipping cream (or | 2 pkg. frozen raspberries |
| 2 pkgs. Dream Whip) | |
| 1 cup sugar (2/3 cup if using | |
| Dream Whip) | |

Defrost raspberries. Make Jello according to instructions on package. Refrigerate until it starts to jell. Break angel food cake into small pieces (about the size of pecan or walnut) and line bottom of pan.

When Jello begins to set, whip until double in bulk and very light. Add 1/3 cup of the sugar. Whip cream until stiff, stir in 1/3 cup of sugar. (If using Dream Whip, prepare according to package instructions; omit 1/3 cup sugar.) Add 1/3 cup sugar to thawed raspberries. Combine Jello, cream and raspberries. Pour some of the mixture over the cake pieces. Add second layer of broken cake pieces. Pour remaining mixture over all. Cover and refrigerate for 24 hours. Serves 12.

Mary Ann Strom

Desserts

APRICOT WHIP

1 cup dried apricots
1 cup milk
1/4 cup milk

1/4 lemon
1/2 cup sugar
2 egg whites

Soak apricots in 1 cup milk for at least one-half hour or overnight. Put 1/4 cup milk, lemon, 1/4 cup sugar and soaked apricot mixture into blender container; cover and blend on BLEND until smooth. In a medium bowl, beat egg whites with an electric mixer until stiff but not dry. Gradually add remaining sugar to egg whites, continuing to beat until they stand in soft peaks. Fold apricot mixture into beaten egg whites; chill.
Yield: 6 servings.

Jean Rowe

CHERRY JUBILEE

3 tablespoons sugar
Slightly less than 1 cup
red wine
2 cloves
1 cinnamon stick
Orange peel

8 spoons cherries
Maraschino
Kirsch or Cognac and Cherry
Brandy
2 vanilla ice-cream balls
Peeled almonds

Heat the sugar well, add the wine, cloves, cinnamon, and orange peel. Reduce in pan until it becomes foamy. Add the cherries and the Maraschino. Heat well and let the cherries cook until glazed. Flame with Kirsch (or Cognac and Cherry Brandy).

Serve in plate, pour cherries over the ice cream. Sprinkle with almonds.

Maurice Brazier

MAPLE SUGARED PEARS

1 large can pear halves
(1 lb. 13 oz.)
1/2 cup brown sugar, packed
3 tablespoons salad oil
2 teaspoons lemon juice

1 teaspoon maple flavoring
1/2 teaspoon cinnamon
1/4 cup chopped walnuts
1/3 cup sour cream

Drain pear halves, reserve one-third cup syrup. Mix with brown sugar and oil. Bring to boil, stirring. Remove from heat. Blend in lemon juice, maple flavoring and cinnamon. Arrange pear halves, cut side up, in shallow baking dish. Sprinkle on nuts, pour syrup mixture over all and bake, uncovered, at 350°F. for 30 minutes. Garnish with dollups of sour cream to serve. Makes 6 servings.

Jean Rowe

MOM'S APPLE DUMPLINGS

1 1/2 cups sugar
 1 1/2 cups water
 1/4 teaspoon nutmeg
 1/4 cup butter

2 cups flour
 1 teaspoon salt
 3 teaspoons baking powder
 3/4 cup shortening
 1/2 cup milk

6 apples
 Juice of 1/2 lemon
 1 cup sugar
 1/4 teaspoon nutmeg
 1/4 teaspoon cinnamon

Combine 1 1/2 cups sugar, water, 1/4 teaspoon nutmeg and butter in a saucepan. Bring to a boil and cook for 5 minutes.

Pare, core and slice apples. Sprinkle with the lemon juice, 1 cup sugar, 1/4 teaspoon nutmeg and cinnamon.

Sift together flour, salt and baking powder. Cut in shortening. Add milk and stir until moistened. Roll the dough to 12 x 18 inch rectangle. Cut into 6 squares. Place a large mound of apples on each square. Bring all four corners up over apples and pinch together. Arrange in greased baking dish (11 1/2" x 7 1/2"). Pour syrup over all. Bake at 375°F. for 45 to 50 minutes. This makes 6 large dumplings.

Sarah Garretson

BRANDIED DATE SAUCE

1 cup packed brown sugar
 2 cups water

20 ozs. pitted dates, chopped
 1/2 cup brandy

Early in the day, or up to 1 month before serving: In medium saucepan over medium heat, heat brown sugar and water to boiling; add dates, cover and simmer 5 minutes, stirring occasionally. Remove from heat, stir in brandy. Spoon into 2-pint containers; cover tightly and refrigerate. Use to serve over ice cream, cake, or fruit. Makes 2 pints.

Wanda Krebill

QUINCE

Quince can be cooked like apples for sauce, compote or pie. Serve quince compote with soft custard sauce over it.

Peace Corps Iran Cookbook

Puddings

BASIC PUDDING

3/4 cup sugar	2 cups milk
1/3 cup flour, or 3 table- spoons cornstarch	3 beaten egg yolks
1/4 teaspoon salt	2 tablespoons margarine
	1 teaspoon vanilla

Mix dry ingredients, gradually adding milk. Cook over medium heat until thickened. Gradually add egg yolks, cook 2 minutes longer. Remove from heat; add margarine and vanilla. To use as pie filling, add bananas, coconut, etc., topping with meringue.

Jean Rowe

TOP OF STOVE CUSTARD FOR DIETERS

1 egg, slightly beaten	1 teaspoon granulated sugar
1/3 cup powdered milk, combined with water to make 1 cup	substitute or tablets dis- solved in a tiny bit of hot water
Grated nutmeg	1 teaspoon vanilla

Combine beaten egg with sugar substitute. Stir in milk and vanilla. Blend well. Pour into two custard cups. Sprinkle with nutmeg. Set custard cups into pan of hot water. Cook on top of stove for 1 hour or until knife inserted in center comes out clean.

Darlene Fink

CHOCOLATE CREAM PUDDING

1 cup sugar	2 cups milk
2 tablespoons cornstarch	2 egg yolks, slightly beaten
1/2 teaspoon salt	2 teaspoons butter
1/3 cup cocoa	1 teaspoon vanilla

Mix sugar, cornstarch, salt and cocoa in saucepan. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil for 1 minute. Remove from heat. Gradually stir at least half of hot mixture into egg yolks. Then blend into hot mixture in saucepan. Boil 1 minute more, stirring constantly. Remove from heat. Blend in butter and vanilla. Pour into dessert dishes. Serve warm or cool with cream or whipped cream.

PUMPKIN PUDDING

Thoroughly wash a 1-pound pumpkin, previously peeled and cleaned. Cut into thin slices and place these in layers in a greased baking dish. Put some butter on each layer of pumpkin. Beat 2 eggs together with 1 cup whole milk, 1/2 pound sugar and 1/2 teaspoon salt. Pour mixture over pumpkin. Bake for about 40 minutes in moderately hot oven, or until golden brown.

Embassy of the Republic of Venezuela

DATE BREAD PUDDING

- | | |
|----------------------------------|--|
| 1 cup white bread crumbs, packed | 1 teaspoon vanilla |
| 1 cup sweet milk | 1 tablespoon butter |
| 2 teaspoons baking powder | 1 cup dates, chopped |
| 2 eggs | 1 cup chopped nuts (pecans or walnuts) |
| 1 cup white sugar | |
| 1/2 teaspoon salt | |

Pour milk over bread crumbs. Sprinkle baking powder over this. Beat eggs. Add sugar. Mix with bread crumb mixture; add rest of ingredients. Bake at 325°F. until brown in 13" x 9" greased and floured pan.

JoAnn Jennings

PERSIMMON PUDDING

- | | |
|---------------------------|-------------------------------------|
| 1 quart mature persimmons | 1/2 cup melted butter |
| 3 eggs | 2 1/2 cup rich milk (half and half) |
| 1 1/4 cups sugar | 2 teaspoons cinnamon |
| 1 1/2 cups flour | 1 teaspoon ginger |
| 1 teaspoon baking powder | 1 1/2 teaspoons nutmeg |
| 1 teaspoon soda | 1 cup raisins and nuts |
| 1/2 teaspoon salt | |

Put persimmons through colander. Beat in other ingredients. Bake in a greased 9" x 9" dish at 325°F. until firm, about 1 hour. Serve with cream or hard sauce.

Peace Corps' Iran Cookbook

CUSTARD RICE PUDDING

- | | |
|-----------------------|--------------------------------------|
| 2 eggs or 4 egg yolks | 1/4 teaspoon vanilla |
| 1/2 cup sugar | 2 cups cooked rice |
| 1/4 teaspoon salt | 1/2 cup seedless raisins, if desired |
| 2 cups milk, scalded | Nutmeg |

Beat eggs, sugar and salt slightly to mix. Stir in scalded milk. Add vanilla, rice and raisins. Pour into 1-quart baking dish. Sprinkle with nutmeg. Set in pan of water (1" deep) and bake for 50 to 60 minutes in 350°F. oven. Serve warm with cream.

Jean Howard

Confections

MARSHMALLOWS

1 envelope unflavored gelatin	2/3 cup white corn syrup
1/3 cup cold water	1/2 teaspoon vanilla
1/2 cup sugar	

Soften gelatin in cold water in a small saucepan. Place saucepan over boiling water. Stir until dissolved. Add sugar and stir until dissolved. Remove from heat. Put corn syrup into LARGE mixing bowl. Pour gelatin mixture into bowl and beat at high speed. Add vanilla and continue to beat at high speed until thick. Pour into buttered, 9-inch square pan. Let set at room temperature at least an hour until completely dry. DO NOT REFRIGERATE. Sprinkle powdered sugar on waxed paper and turn marshmallows out on this. Cut into squares with knife moistened in water.

These work fine for recipes that call for cut-up marshmallows or melted down marshmallows. They are not satisfactory for kids to roast over a campfire because they become too liquid before they are roasted.

Audrey Peterson

POPCORN BALLS

1 cup sugar	1/4 cup butter
1/3 cup corn syrup	3/4 teaspoon salt
1/3 cup water	
3/4 teaspoon vanilla	3 quarts popped corn

Boil ingredients (except popped corn) until it spins a long thread when cool. Pour this over popcorn. Let cool slightly and press tightly into balls. Place on wax paper. Wrap in plastic wrap or colored cellophane for the holidays.

Carole Weiblen

POPPY-COCK

2 quarts popped corn	1 cup butter
1 1/3 cups pecan pieces	1 teaspoon vanilla
2/3 cup slivered almonds	1/2 cup light corn syrup
1 1/3 cups sugar	

Mix popcorn and nuts on a cookie sheet. Combine sugar, butter and corn syrup in a 1 1/2-quart saucepan and bring to a boil. Boil for ten minutes; pour over nuts and popcorn.

Maydalen Siler

NUT BRITTLE

2 cups sugar	2 teaspoons bicarbonate of soda,
1 1/2 cups white corn syrup	sifted
2 cups raw peanuts or almonds	1/16 teaspoon salt (approx.)

Have ready a buttered cookie sheet. Combine sugar, corn syrup, peanuts, and salt and stir over moderate flame until boiling. Turn flame to low and continue stirring often until mixture acquires an amber color, which takes an average of 20 minutes. Remove from flame, add bicarbonate of soda and stir quickly until well mixed. Pour quickly onto cookie sheet, tilting to spread evenly. Allow to cool for a few minutes; then, lifting one end of candy, strike with dull side of heavy knife to break into pieces. Store in airtight container.

Lucy Hofmann

CRISPY SUGARED WALNUTS

2 1/2 cups walnut halves	1 teaspoon cinnamon
1 cup sugar	1/2 teaspoon salt
1/2 cup water	1 1/2 teaspoons vanilla

Heat walnuts in moderate oven (350°F.) for five minutes only. Butter the sides of a heavy 2-quart saucepan. In saucepan, combine sugar, water, cinnamon, and salt. Heat and stir until sugar dissolves and mixture boils. Cook without stirring to soft-ball stage (236°F.). Remove from heat and beat by hand 1 minute or until mixture just begins to get creamy. Add vanilla and the warm nuts; stir gently until the nuts are well coated and the mixture becomes creamy. Turn out on wax paper or buttered surface and separate the nuts at once with forks. Yields 1 pound sugared walnuts. Delicious with crisp apples.

Dora Clarke

HONEY COMB

4 tablespoons sugar
2 tablespoons honey
1 teaspoon baking soda

Put the sugar and honey in a large saucepan. Bring to a boil, stirring all the time. Boil for 3 minutes without stirring. Add baking soda. Pour into buttered dish while still frothing. Let cool.

Margaret Rogers

CHRISTMAS CANDY

2 cups sugar	1/4 teaspoon oil flavoring or
1/2 cup light corn syrup	to taste (clove, peppermint,
1/2 cup water	wintergreen, lemon, spear-
Dash salt	mint, lime, cinnamon, and
1/4 teaspoon food coloring	powdered charcoal with anise)

Combine sugar, syrup, water and salt; cook to 290°F. (hard crack stage). Add food coloring and flavoring and swirl gently to blend. Pour into metal pan to cool. In two or three minutes start cutting with scissors into bite-size pieces. Two people are handy at this time. When cool, coat with powdered sugar. NOTE: Oils may be purchased from pharmacy in 1-oz. bottles. If using extracts, use 1/2 teaspoon instead of 1/4 teaspoon.

Norma Schenck

COCONUT BONBONS

3 oz. cream cheese	1/4 teaspoon vanilla
Food coloring	Dash salt
2 1/2 cups sugar	1 cup shredded coconut

Stir the cream cheese until soft. Add a few drops of food coloring to make it a pastel shade. Add sugar gradually, blending well. Add vanilla and salt. Blend well. Form into small balls, roll in coconut and chill until firm.

Queda Guinpard

DIVINITY

2 cups sugar	2 egg whites
2/3 cup white corn syrup	Chopped nuts as desired
1/3 cup water	

Mix sugar, corn syrup and water. Cook mixture until it drops into a thread. Stir into well beaten dry egg whites and beat fast until mixture is creamy. Add nuts and pour into a greased pan. Cut into squares when cold.

Ava Harris

MASTER CAKE MIX

1 pkg. cake flour (2 3/4 lbs.)	1 1/2 tablespoons salt
or 13 cups sifted cake or	8 cups sugar (3 1/2 lbs.)
soft flour	3 cups hydrogenated shortening
1/3 cup double-acting baking powder	(1 1/4 lbs.)

Stir flour, baking powder, salt and sugar to blend. Sift three times. Cut in shortening with pastry blender or electric mixer, or work it in with the fingertips until quite uniformly blended. (A quick method for blending is to put ingredients into dishpan and, using an electric mixer, blend at low speed until desired consistency is reached, 1 1/2 to 3 minutes.)

Store in covered container at room temperature. To measure Mix, pile it lightly into cup and level off with spatula. It makes about 23 cups of Mix, and will keep three months without refrigeration.

General directions for making a cake from the Master Cake Mix: Have ingredients at room temperature. Use large mixing bowl and low speed or vigorous hand beating. While using mixer, continually scrape batter from sides of bowl into beaters with rubber scraper. Pour into two 8-inch layer pans lined with wax paper. Bake in moderate oven (375°F.) about 20 minutes.

General directions for making cookies with the Master Cake Mix: Stir any dry ingredients into the Mix. Add remaining ingredients and combine thoroughly. Bake as directed.

YELLOW CAKE

3 1/3 cups Master Cake Mix	2 eggs
3/4 cup milk	1 teaspoon vanilla

Add 1/2 cup milk to the Mix; beat 2 minutes. Add remaining milk, eggs and vanilla; beat 2 minutes. Bake.

CHOCOLATE CAKE

2 egg whites	1/3 cup cocoa
1/4 cup sugar	1 cup milk
3 cups Master Cake Mix	2 egg yolks

Make meringue by beating egg whites until nearly stiff and beating in the sugar. Beat until very stiff. Stir cocoa into Mix. Add 1/2 cup milk; beat 2 minutes. Add remaining milk and egg yolks; beat 2 minutes. Thoroughly blend meringue into batter by cutting and folding with mixer beaters or with spatula, large spoon, or wire egg whip. Bake.

ORANGE RAISIN CAKE

3 1/3 cups Master Cake Mix	2 eggs
Juice of 1 medium orange and	1 tablespoon grated orange rind
water to make 3/4 cup	2/3 cup chopped raisins

Add 1/2 cup of liquid to Mix; beat 2 minutes. Add remaining liquid, eggs, orange rind and raisins; beat 2 minutes. Bake.

Cakes/Cookies

MASTER CAKE MIX (continued)

APPLE CAKE

3 1/3 cups Master Cake Mix	1/4 cup milk
1 teaspoon cinnamon	1 cup tightly packed grated apple
1/2 teaspoon cloves	2 eggs

Stir spices into Mix. Add milk and apples; beat 2 minutes. Add eggs; beat 2 minutes. Pour into large shallow pan (8" x 12") lined with waxed paper. Bake at 375°F. about 20 minutes.

OATMEAL COOKIES

1 1/2 cups Master Cake Mix	1/2 cup milk
1 cup quick cooking oats	1/2 cup chopped nut meats
1 teaspoon cinnamon	1/2 cup raisins
1 egg	

After mixing, let stand 20 minutes. Drop by teaspoon on greased baking sheet. Bake in moderate oven (350°F.) about 15 minutes. 36 cookies.

MOLASSES COOKIES

3 cups Master Cake Mix	1 egg
1/4 teaspoon mace	1/4 cup molasses

Drop by teaspoon on greased baking sheet, allowing room to spread. Bake in moderate oven (375°F.) 10 to 12 minutes. 42 cookies.

CHOCOLATE NUT DROP COOKIES

3 cups Master Cake Mix	1/4 cup milk
1/2 cup cocoa	1/2 cup chopped nut meats
2 eggs	

Drop by teaspoon on greased baking sheet, allowing room to spread. Bake at 375°F. 10 to 12 minutes. 48 cookies.

CHOCOLATE CHIP COOKIES

3 cups Master Cake Mix	3/4 cup chocolate chips
2 eggs	1 teaspoon vanilla

Drop by teaspoon on greased baking sheet, allowing room to spread. Bake at 375°F. 10 to 12 minutes. 36 cookies.

SPICY FRUIT DROP COOKIES

4 cups Master Cake Mix	1/2 cup milk
1 teaspoon cinnamon	1/2 cup chopped nut meats
2 teaspoons allspice	1 cup raisins
1 egg	

Drop by teaspoon on greased cookie sheet. Bake in hot oven (400°F.) about 10 minutes. 60 cookies.

MASTER CAKE MIX (continued)

CHOCOLATE BARS

1 cup Master Cake Mix	2 tablespoons shortening
3 tablespoons cocoa	1 cup chopped nut meats
1 egg	

Spread in greased 8-inch square pan. Bake at 350°F. about 20 minutes.
Cut while warm. 16 bars.

STEAMED DATE PUDDING

3 cups Master Cake Mix	1 cup milk
1 teaspoon cinnamon	1 cup chopped dates
1 egg	1 cup chopped nut meats

Stir cinnamon into Mix. Stir in beaten egg. Add milk and beat 2 minutes.
Blend in dates and nuts. Fill greased custard cups half full. Steam about
40 minutes. Serve with a tart sauce while warm. 12 servings.

STEAMED SPICY APPLE PUDDING

3 cups Master Cake Mix	2 eggs
1 teaspoon cinnamon	2 cups peeled and diced apples
1 teaspoon allspice	

Stir spices into the Mix. Add beaten eggs and blend well. Add apple.
Stir to blend. Put into greased custard cups and steam about 40 minutes.
12 servings.

STICKY DATE PUDDING

3 eggs	1 1/2 cups chopped dates
1 cup nut meats	1 cup Master Cake Mix

Beat eggs until foamy. Stir in other ingredients. Blend well. Bake in a
greased pan (6" x 8") in a slow oven (325°F.) about 40 minutes. Serve
cold with whipped cream. 8 servings.

JELLO CAKE

3 1/3 cups Master Cake Mix	<u>Glaze</u>
1 pkg. Jello (lime, orange, etc.)	
1/2 teaspoon vanilla	2 cups confectioners sugar
4 eggs	Juice of 2 lemons
3/4 cup water	
1/2 cup oil	

Add Jello to Mix; add water and beat well. Add rest of ingredients and
beat 2 to 3 minutes. Bake in two 9-inch layers at 350°F. 25 to 30 minutes.
Over hot cake pour the glaze. Poke holes in cake so it runs in. This cake
freezes well.

Cakes

TEXAS CHOCOLATE CAKE

2 cups flour
2 cups sugar
1 teaspoon soda
1/2 teaspoon salt
2 sticks (1 cup) butter or margarine
1 cup water
3 tablespoons cocoa
2 eggs
2 teaspoons vanilla
1/2 cup sour cream

Icing

1 stick (1/2 cup) margarine
6 tablespoons milk
4 tablespoons cocoa
1 box confectioners sugar
2 teaspoons vanilla
1 cup chopped pecans

Sift flour, sugar, soda and salt. Bring to a boil the butter, water and cocoa. Add to flour mixture. Add eggs, vanilla and sour cream. Mix well and pour into 11" x 17" pan. Bake at 350°F.

While cake is baking, make icing. Bring to a boil margarine, milk and cocoa. Cook 2 minutes; watch closely as it will burn easily. Remove from heat and add confectioners sugar, vanilla and pecans. Frost while warm and cut in squares.

Maydalen Siler

RED VELVET CAKE

1/2 cup shortening
1 1/2 cups sugar
2 eggs
2 oz. red food coloring
2 heaping tablespoons cocoa
1 cup buttermilk
1 teaspoon vanilla
2 1/2 cups sifted flour
1 teaspoon salt

1 teaspoon vinegar
1 teaspoon soda

Icing

3 tablespoons flour
1 cup milk
1 cup sugar
1 teaspoon vanilla
1 cup butter or margarine

Cream shortening, sugar and eggs until very fluffy. Make paste of food coloring and cocoa, add to creamed mixture. Then add alternately the buttermilk and vanilla with flour and salt. Blend together and fold in the vinegar and soda. Bake in two 8-inch pans in preheated 350°F. oven for 25 to 30 minutes.

To prepare icing, cook flour and milk to make paste. Cool completely. Cream sugar, vanilla and butter or margarine until very light and fluffy. Add cooled flour and milk paste. Beat until fluffy like whipped cream.

Carole Weiblen

Margaret Rogers bakes this cake in three 9" pans.

CHOCOLATE APPLESAUCE CAKE

1 1/2 cups sugar
 1/2 cup margarine
 2 cups applesauce
 2 eggs
 2 cups flour
 1 1/2 teaspoons soda
 1/2 teaspoon salt
 3 tablespoons cocoa
 1 teaspoon vanilla

Topping

1/2 cup chocolate bits
 3 tablespoons sugar
 1/2 cup chopped nuts

Cream sugar and margarine, add the remaining cake ingredients and beat. Pour into greased and floured 13" x 9" pan. Over top sprinkle chocolate bits, sugar and nuts. Bake at 350°F. for 30 to minutes.

Lois Ann Franklin

RED DEVIL'S FOOD CAKE

2 cups sugar
 3/4 cup shortening (part butter)
 2 eggs
 1 cup yogurt
 1 teaspoon vanilla

2 1/2 cups flour, sifted
 2 teaspoons soda
 1 teaspoon salt
 1/2 cup cocoa
 1 cup boiling water

Cream shortening and sugar. Add eggs, one at a time, beating well after each addition. Add vanilla to yogurt. Alternate yogurt with sifted dry ingredients to creamed mixture. Add boiling water all at once and stir until well combined. Bake at 350°F. for about 45 minutes.

Joanne Darvish

FUNNY CAKE

1 1/2 cups flour
 1 cup sugar
 1/2 teaspoon salt
 1 teaspoon baking soda
 1/4 cup cocoa

1 teaspoon vanilla
 1 teaspoon vinegar
 1/3 cup oil
 1 cup cold water

Sift dry ingredients into ungreased 8" x 8" pan; make three holes in mixture. Into first hole put vanilla; into second hole, vinegar; and into third hole, oil. Pour 1 cup cold water over all this and stir until well mixed. Bake at 350°F. about 30 minutes.

Margaret Rogers

Cakes

COCOA FUDGE CAKE

1 3/4 cups flour	1 2/3 cups buttermilk
1 1/3 cups sugar	1/2 cup shortening
2/3 cup cocoa	2 eggs
1 1/4 teaspoons soda	1 teaspoon vanilla
1 teaspoon salt	

Heat oven to 375°F. Grease and flour baking pan, 13" x 9" x 2" or two round layer pans, 9" x 1 1/2". Measure all ingredients into large mixer bowl. Blend 1/2 minute on low speed, scraping bowl constantly. Beat 3 minutes at high speed, scraping bowl occasionally. Pour into pan(s). Bake oblong cake about 35 minutes, layers 25 to 30 minutes or until wooden pick inserted in center comes out clean. Cool.

This recipe is for 4,000 to 6,000 feet altitude.

Margaret Fisk

EGGLESS CHOCOLATE CAKE

3 tablespoons shortening	1 teaspoon soda
6 tablespoons cocoa	1 teaspoon salt
1 cup sugar	1 cup sour milk, or
1 1/2 cups flour	1/2 cup mast and 1/2 cup milk

Melt shortening. Cool while you mix sugar and cocoa. Then blend into shortening. Sift dry ingredients and stir into mixture alternately with sour milk. Pour into greased and floured 8-inch square pan. Sprinkle nuts over top, if desired. Bake at 350°F. about 30 minutes.

Dura Clarke

CHOCOLATE MAYONNAISE CAKE (No eggs)

3 cups flour	1 1/2 teaspoons baking soda
1 1/2 cups sugar	1 1/2 cups mayonnaise
1/3 cup cocoa	1 1/2 cups water
2 1/4 teaspoons baking powder	1 1/2 teaspoons vanilla

Sift dry ingredients. Stir in mayonnaise. Gradually stir in water and vanilla. Bake in two wax-lined 9" pans at 350°F. for about 30 minutes.

Carole Weiblen

GOLDEN LAYER CAKE

2 1/3 cups cake flour	1/2 cup shortening
1 1/3 cups sugar	1 cup plus 2 tablespoons milk
2 teaspoons baking powder	1 1/2 teaspoons vanilla
1 teaspoon salt	2 eggs

Heat oven to 375°F. Grease and flour baking pan 13" x 9" x 2" or two round layer pans 9 x 1 1/2". Measure all ingredients into large mixer bowl. Blend 1/2 minute on low speed, scraping bowl constantly. Beat 3 minutes at high speed, scraping bowl occasionally. Pour into pan(s). Bake layers 25 to 30 minutes, oblong about 30 minutes or until wooden pick inserted in center of cake comes out clean. Cool.

This recipe is for altitudes of 4,000 to 6,000 feet.

Margaret Fisk

HIGH ALTITUDE TWO-EGG CAKE
For 5,000 feet

2 cups cake flour	1 cup sugar
1 1/2 teaspoons double-acting baking powder	1 teaspoon vanilla
1/2 teaspoon salt	2 eggs, slightly beaten
1/2 cup butter	3/4 cup plus 1 tablespoon milk

Grease and flour or line with wax paper two 8-inch round pans. Preheat oven to 375°F. Mix and sift together 3 times the flour, baking powder and salt. Cream butter, sugar and vanilla. Add eggs and mix thoroughly. Add by thirds the dry ingredients, alternating with milk. Beat well after each addition of milk. Pour into pans and bake approximately 50 minutes.

Dot Hayes

EVERYBODY'S QUICK POUND CAKE

1 box cake mix*	3/4 cup oil
1 box instant pudding*	3/4 cup water
4 eggs	

Mix all together. Beat 4 minutes. Bake in tube pan or 2 loaf pans for one hour at 350°F.

*Suggested combinations are yellow cake mix with butterscotch or vanilla pudding; chocolate cake mix and chocolate pudding; lemon cake mix and lemon pudding, etc.

Cakes

NUTMEG FEATHER CAKE

1/4 cup butter
1/4 cup shortening
1 1/2 cups sugar
1/2 teaspoon vanilla
3 beaten eggs
2 cups flour
2 teaspoons nutmeg
1 teaspoon baking powder
1 teaspoon soda
1/4 teaspoon salt
1 cup buttermilk

Topping

6 tablespoons melted butter
2/3 cup brown sugar
1/4 cup cream
1 cup coconut
1/2 teaspoon vanilla

Cream butter and shortening thoroughly. Gradually add sugar and cream together until light and fluffy. Add vanilla and eggs and beat well. Sift flour, nutmeg, baking powder, soda and salt together 3 times. Add to first mixture alternately with buttermilk, a little at a time. Beat after each addition until smooth. Pour into greased and floured 9" x 13" pan. Bake at 350°F. about 25 minutes.

For topping, thoroughly combine ingredients and spread over warm cake. Brown lightly in broiler.

Rita Hamlet

HIGH ALTITUDE ANGEL CAKE For 5,000 feet

1 cup plus 2 tablespoons
cake flour
1/2 cup sugar
1 1/2 cups egg whites

1 1/2 teaspoons cream of tartar
1/2 teaspoon salt
1 cup sugar
1 1/2 teaspoons vanilla

Have tube pan, bowl, beaters, etc. clean and grease-free. Preheat oven to 375°F. Sift together three times the cake flour and 1/2 cup sugar. Have egg whites refrigerated until ready to use.

Beat whites until foamy and add cream of tartar and salt. Continue beating until egg whites are glossy and form soft peaks. Fold in, with about 25 strokes, the 1 cup sugar. Beat until mixture is fluffy and like meringue. Beat briefly while adding vanilla. Add dry ingredients about one-fourth at a time by sifting over egg mixture and folding in with about 15 strokes after each addition. After last addition, use 10 more strokes to blend completely. Pour into clean pan; cut through batter with knife to remove air bubbles. Bake approximately 40 to 50 minutes.

Invert pan on soft drink bottle and cool completely before removing from pan.

Dot Hayes

APRICOT CAKE

1 box yellow cake mix
 4 eggs
 3/4 cup apricot nectar (or
 strained apricots for babies
 may be used)
 3/4 cup oil
 2 tablespoons lemon extract

Icing

2 cups powdered sugar, sifted
 Juice of 2 lemons

Mix ingredients for cake in first column. Bake one hour at 325°F. Remove from oven, puncture with toothpick and ice in pan while hot. Let cool before removing from pan.

Mary Ann Strom

CARROT CAKE & CREAM CHEESE FROSTING

Cake

1 1/2 cups flour
 1 1/2 cups sugar
 1 teaspoon baking powder
 1 teaspoon allspice
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 1/2 teaspoon soda
 1/2 teaspoon salt
 3 eggs
 2 cups grated carrots
 1 cup salad oil
 1 cup chopped nuts

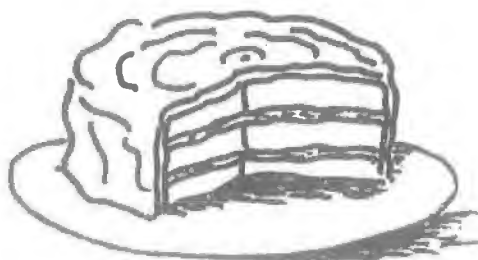
Frosting

1 8-oz. pkg. cream cheese
 1/2 cup butter (1 stick)
 1 lb. powdered sugar
 1 cup pecans
 1 teaspoon vanilla

Sift first eight dry ingredients together. Separate yolks and whites of eggs. Add yolks, grated carrots, nuts and salad oil to dry ingredients. Beat until well mixed; mixture will be very thick. Fold in 3 beaten egg whites. Pour into greased 9-inch tube pan or 2 small loaf pans. Bake for 50 minutes in 350°F. oven. Frost with cream cheese frosting.

Cream together cream cheese, softened butter, sugar and vanilla. Frost cake, adding pecans for design just before serving.

Lois Ann Franklin



Cakes

FRESH APPLE CAKE

1 1/4 cups salad oil	1 1/2 teaspoons soda
2 teaspoons vanilla	2 teaspoons cinnamon
2 eggs, well beaten	3 cups apples, peeled and chopped
2 cups sugar	Chopped nuts
3 cups sifted flour	*Powdered sugar
1. teaspoon salt	

Blend salad oil, vanilla and eggs. Add dry ingredients and mix well. Stir in apples. Dough will be stiff. Pour into a greased 10" x 18" pan. Sprinkle with chopped nuts and bake for one hour at 375°F. Sprinkle with powdered sugar a few minutes after taking cake from oven.

Lilly DeWoody

JEWISH APPLE CAKE

3 cups flour	3 teaspoons cinnamon
2 cups sugar	4 eggs
3 teaspoons baking powder	7 tablespoons orange juice
1/2 teaspoon salt	2 1/2 teaspoons vanilla
4 apples	1 cup oil
1/2 cup sugar	

Peel and slice 4 apples. Sprinkle with 1/2 cup sugar and cinnamon. Mix dry ingredients. Make a well and drop in eggs, orange juice, vanilla and oil. Mix well. Grease and flour tube pan. Add one-half of batter then a layer of apples, again batter and then apples. Bake at 350°F. for 1 1/2 hours. Cool in pan.

Joann Stang

ONE-BOWL APPLE CAKE

3 medium apples	1 teaspoon cinnamon
1 cup sugar	Pinch of salt
1 cup sifted flour	1 egg
1/2 teaspoon baking powder	1/2 cup oil
1/2 teaspoon baking soda	1 cup nuts

Peel and dice apples. Add remaining ingredients and mix. Bake in greased cake pan, 9" x 9", or pie dish, at 350°F. for 40 minutes. Serve plain or topped with sweet cream or ice cream.

Carole Weiblen

PRUNE CAKE

Cake

2 cups sifted flour
 2 teaspoons baking soda
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 2 cups sugar
 3 eggs
 1 cup oil
 1 cup cooked seedless prunes
 1 cup buttermilk
 1 cup chopped pecans or walnuts
 1 teaspoon vanilla

Glaze

1 cup sugar
 1/2 cup butter
 1 teaspoon pancake syrup
 1/2 teaspoon baking soda
 3/4 cup buttermilk

Combine and set aside the flour, soda, cinnamon and nutmeg. Cream sugar, eggs and oil. Beat with electric beater. Add prunes, cut up, and beat again. Alternate dry ingredients with buttermilk. Then add nuts and vanilla. Bake in tube pan at 350°F. for 55 minutes. Test with toothpick for doneness.

When cake is almost finished baking, begin cooking the glaze. Combine all ingredients and cook over medium flame until it forms a soft ball (approximately 17 minutes). The hot glaze should be poured over the hot cake as soon as it is removed from the oven. Punch holes in the cake with a toothpick so the glaze soaks in well. Cut when cake is cold.

Joyce Flannery

BUTTERSCOTCH CAKE RING
 (To eat with fresh fruits)

2 eggs
 1 cup sugar
 1/2 cup heated milk
 1 tablespoon butter

1 cup flour
 1 teaspoon baking powder
 1/4 teaspoon salt
 1/2 teaspoon vanilla

Beat eggs until light and lemon colored. Gradually add sugar and beat 2 1/2 minutes. Sift dry ingredients and fold in. Add hot milk in which butter has been melted. These additions should not take more than one minute. Add vanilla and turn into greased and floured 1 1/2-quart ring mold. Bake at 350°F. about 30 minutes. Fill center with fresh peaches when ready to serve.

Dora Clarke



Cakes

PUMPKIN CAKE FOR TEHRAN

1/2 cup shortening	1/2 teaspoon salt
1 1/2 cups sugar	1 teaspoon baking powder
2 beaten eggs	1/2 teaspoon soda
1 cup pumpkin pulp	1 teaspoon cinnamon
1 teaspoon vanilla	1/2 teaspoon cloves
2 cups flour	1 teaspoon nutmeg

Beat shortening and sugar in large mixing bowl. Add eggs and beat; add pumpkin and beat. Stir in flour which has been sifted with spices. Bake in greased and floured angel food cake pan. Bake for 1 hour at 325°F.

Dura Clarke

ANNA'S CAKE

10 tablespoons margarine	1/2 teaspoon almond flavoring
2 scant cups sugar	1 scant cup milk
2 eggs	2 scant cups flour
1/2 cup ground almonds	1 teaspoon teaspoon baking powder

Cream margarine and sugar. Add the eggs, one at a time. Then add the remaining ingredients and mix well. Turn batter into prepared pan and bake in moderate oven (350°F.) for about 40 minutes.

Sigbritt Israelson

BERTHA HALLA'S NUT CAKE

Cake

1 1/4 cups granulated sugar
8 eggs, separated
Peel and juice of 1/2 lemon
2 cups ground nuts

Cream Frosting

1 cup milk
2 egg yolks
1 tablespoon flour
1/2 lb. sweet butter (1 cup)
1/2 cup sugar
1 teaspoon instant coffee

For cake, combine sugar, egg yolks, lemon peel and juice; mix thoroughly until thick and deep yellow. Add ground nuts. Fold in the 8 beaten egg whites. Grease two 9" pie pans and divide the dough between them. Bake at 350°F. for about 45 minutes or until you see the edges no longer stick. Leave in pans until cooled, then remove.

For frosting, put milk, egg yolks and flour into double boiler, beating until thickened. Mix butter with sugar and instant coffee. When milk mixture is cooled, pour slowly into beaten butter-sugar mixture. Frost between layers and outside of cake. Decorate top with cherries and/or nut halves.

Mitzi Halla

HIGH ALTITUDE GINGERBREAD For 5,000 feet

2 1/3 cups sifted flour	1 teaspoon ginger
3/4 teaspoon soda	1/2 cup soft shortening
1/2 teaspoon salt	1/2 cup sugar
1/4 teaspoon cinnamon	2 eggs
1/4 teaspoon nutmeg	3/4 cup molasses
1/4 teaspoon allspice	2/3 cup boiling water

Grease and flour or line with wax paper a 9" x 9" x 2" pan. Preheat oven to 350°F. Mix and sift together 3 times the flour, soda, salt, cinnamon, nutmeg, allspice and ginger. Beat shortening and gradually add sugar. Cream until light and fluffy. Add eggs one at a time and beat well after each. Add molasses and mix in thoroughly. Add dry ingredients alternately with boiling water. Beat 20 strokes after each addition of flour and 30 strokes after each addition of liquid. Pour batter into pan and bake about 50 minutes.

Dot Hayes

BLACK BOTTOM CUPCAKES

Cocoa Batter

1 1/2 cups flour
1 cup sugar
1/4 cup cocoa
1/2 teaspoon salt
1 cup water
1/3 cup cooking oil (not
olive oil)
1 tablespoon vinegar
1 teaspoon vanilla

Cream Cheese Mixture

1 cup cream cheese, softened
1 egg
1/2 cup sugar
1/8 teaspoon salt

Sift together first four ingredients for cocoa batter. Add water, oil, vinegar and vanilla; beat well. Mix together all ingredients for cream cheese mixture. Fill miniature cupcake liners in muffin tins one-third full of cocoa batter and top each with 1 heaping tablespoon of cream cheese mixture. Bake at 350°F. for 30 to 35 minutes. Makes 1 1/2 dozen miniatures.

These are lovely for tea party or dessert for luncheon, or for evening buffet. They can be made ahead and frozen, just defrost and serve. The recipe can be doubled. If more than double recipe is required, make several separate batches.

Schelly Dardashti

Icings

ONE-MINUTE FUDGE ICING

1 cup cocoa	2 cups sugar
1/2 cup butter	Pinch salt
1/2 cup milk	

Boil one minute, remove from fire, beat until smooth and creamy. Spread on cold cake.

Margaret Rogers

GLENDAS CHOCOLATE ICING

6 tablespoons brown sugar	1/3 cup milk
1/2 cup butter or margarine	1 box confectioners sugar
1/2 cup cocoa	

Mix brown sugar, butter, cocoa and milk in a skillet; cook over low heat, stirring constantly, until it gets very thick. Place in mixing bowl and add confectioners sugar. Mix well. Let cool, then frost cake. Add milk if icing is too thick.

Margaret Rogers

GLENDAS WHITE ICING

6 tablespoons flour	1 cup granulated sugar
1 cup water	1 teaspoon vanilla
1 cup butter	

Cook the flour and water over medium heat, stirring constantly, until it changes color. Put lid on pot and let cool completely, approximately 2 hours. Cream butter, sugar and vanilla and add to cooled flour mixture. Beat until light and fluffy.

Margaret Rogers

CARAMEL ICING

2 cups brown sugar
1/2 cup milk
1/4 cup (1/2 stick) butter

Place in saucepan. Heat until boiling, stirring frequently. Boil 5 minutes without stirring. Remove from heat and beat until thick enough to spread. Cover cake quickly.

Margaret Rogers

GUARANTEED BOILED FROSTING

Tint it for birthday cakes! Match the flavor to the color!

2 unbeaten egg whites	8 tablespoons cold water
1 1/2 cups sugar	1 teaspoon vanilla
1/8 teaspoon salt	or peppermint
1/4 teaspoon cream of tartar	or lemon extract

Place all ingredients except vanilla in top of double boiler. (You don't have one? Just set one stew pan inside a bigger one that has several inches of water in it.) Plug an electric beater near the stove. Beat with low speed until all ingredients are mixed. Use high speed and beat about 3 minutes when frosting will be about the right consistency to spread. Remove from fire. Pour out boiling water; replace with cold water. Let frosting stand over the cold water 5 minutes. Beat in the vanilla. Will cover 2-layer cake, 8" x 8" x 2" cake, or 2 dozen cupcakes.

Bura Clarke

CREAMY NUT FILLING AND FROSTING

2 1/2 tablespoons cake flour	1/4 teaspoon salt
1/2 cup milk	1/2 teaspoon vanilla
1/2 cup shortening (half butter)	1/2 cup coarsely chopped nuts
1/2 cup sugar	1 cup sifted confectioners sugar

Gradually blend milk into flour. Cook to very thick paste (about 10 minutes) stirring constantly. Cool to lukewarm. Meanwhile, cream shortening, sugar and salt. Add lukewarm paste. Beat with rotary beater until fluffy. Fold in vanilla and nuts.

Use one-third amount for filling. To remainder blend in sifted confectioners sugar.

Donna Sisk

TOPPING OR FILLING FOR DATE CAKE

1/2 cup evaporated milk or cream	Coconut
2 cups brown sugar	Nuts
2 tablespoons butter	

Mix first three ingredients and boil 3 minutes. Let cool; it is supposed to be runny. Spread on cake; sprinkle with coconut and nuts.

Marie Coleman

Cookies

SOUR CREAM COOKIES

1/2 cup shortening	1/2 teaspoon baking soda
1 cup brown sugar, packed	2 teaspoons baking powder
1 egg, beaten	1/2 teaspoon nutmeg
1/2 cup seedless raisins	1/2 cup sour cream
2 cups flour, sifted	1/2 cup broken walnuts
1/2 teaspoon salt	

Cream shortening and sugar. Add egg with raisins. Mix and sift dry ingredients. Add alternately with sour cream to raisin mixture. Stir in walnuts. Drop by teaspoon on greased sheet. Bake at 400°F. for 12 to 15 minutes. Makes 3 dozen.

Ava Harris

SOFT SUGAR COOKIES

1/2 cup butter or margarine	1 teaspoon salt
1 1/2 cups sugar	1/2 teaspoon baking powder
2 eggs	1/2 teaspoon baking soda
1 teaspoon vanilla	1 cup sour cream
3 cups flour	Cinnamon-sugar

Cream butter, add sugar then eggs one at a time. Add vanilla. Beat until light and fluffy. Mix and sift dry ingredients. Add to creamed mixture alternately with sour cream. Drop by heaping teaspoons onto well-greased cookie sheets, well apart. Sprinkle with cinnamon-sugar. Bake at 400°F. 10 to 12 minutes. Makes about 30 cookies.

Carole Weiblen

SPICED OAT COOKIES

1 cup all-purpose flour	1/2 cup margarine
1/2 teaspoon baking powder	1/2 cup granulated sugar
1/2 teaspoon salt	1/2 cup firmly packed brown sugar
1/2 teaspoon soda	1 egg
1/4 teaspoon nutmeg	1 teaspoon vanilla
1/4 teaspoon cinnamon	3/4 cup quick-cooking oats

Sift flour, baking powder, salt, soda and spices. Cream margarine, add sugars; cream until light and fluffy. Beat in egg and vanilla. Add flour mixture and oats, mixing just to blend. Drop by teaspoonfuls onto greased baking sheet. Bake at 350°F. for 10 to 12 minutes. Makes 3 dozen.

Margaret Rogers

CARROT COOKIES

3/4 cup shortening	1/4 teaspoon salt
3/4 cup sugar	1 cup chopped nuts
1 cup carrots (cooked & mashed)	
1 teaspoon vanilla	<u>Icing</u>
1 egg	
2 cups flour	Juice of 1 orange
2 teaspoons baking powder	Powdered sugar

Cream shortening and sugar; blend in remaining ingredients. Drop by teaspoon on greased baking sheet. Bake 10 minutes at 375°F. Combine icing ingredients. Icing may be put on while cookies are warm and are still on baking sheet. One teaspoon icing per cookie may be enough for you.

Sarah Garretson

PEANUT BUTTER COOKIES

1 cup shortening (or 1/2 butter and 1/2 shortening)	2 eggs
1 cup brown sugar	2 cups flour
1 cup granulated sugar	1/4 teaspoon salt
1 cup peanut butter	1 teaspoon baking soda (dissolved in 2 tablespoons water)

Cream shortening and sugar; add peanut butter and mix well. Add well-beaten eggs. Stir in sifted flour and salt. Add baking soda with water and mix well. Roll a pinch of batter (1/2 teaspoon) in palm of hands and place on greased baking sheet. Flatten with fork. Bake at 350°F. for 10 to 12 minutes. Makes about 40 cookies.

Evelyn M McCollough

PEANUT COOKIES

1/2 cup melted butter	1 1/4 cups self-rising flour
1 cup sugar	OR
1 egg	1 1/4 cups all-purpose flour
1 tablespoon cocoa	1 1/4 teaspoons baking powder
1 cup raw peanuts	1 teaspoon salt

Melt butter. Add sugar, then egg and mix well. Add dry ingredients and peanuts. Drop by teaspoon onto ungreased baking sheet. Bake at 325°F. for 10 to 12 minutes. Makes 5 or 6 dozen small cookies.

Margaret Rogers

Cookies

DEVIL'S FOOD DROP COOKIES

1/2 cup butter or margarine
1 cup brown sugar
1 egg
1 teaspoon vanilla
2 1-oz. squares unsweetened
chocolate, melted and cooled
2 cups sifted all-purpose flour
1/2 teaspoon soda
1/4 teaspoon salt
3/4 cup dairy sour cream
1/2 cup chopped walnuts

Mocha Frosting

1/4 cup soft butter or
margarine
2 tablespoons dry cocoa
(regular type)
2 teaspoons instant coffee
Dash salt
3 cups confectioners sugar
3 tablespoons milk
1 1/2 teaspoons vanilla

Cream butter and sugar until fluffy; beat in egg and 1 teaspoon vanilla. Stir in chocolate. Sift together dry ingredients; add to chocolate mixture alternately with sour cream. Mix well; stir in nuts. Drop from teaspoon, 2 inches apart, on greased cookie sheet. Bake in 350°F. oven 10 minutes or until done. Remove from pan; cool.

To prepare frosting, cream butter or margarine (1/4 cup), cocoa, instant coffee, and salt. Slowly cream in 1 cup confectioners sugar. Add remaining 2 cups confectioners sugar, milk and vanilla. Beat until smooth. Frost cooled cookies. Makes 4 1/2 dozen.

Donna Sisk

BROWN SUGAR MERINGUES

1 egg white, beaten very stiff
1 cup brown sugar
2 cups chopped nuts

Add sugar to beaten egg white, then nuts. Drop by teaspoon onto greased baking sheet. Bake at 350°F. until light brown.

Margaret Rogers

LOW-CALORIE COOKIES

2/3 cup powdered milk
1 apple, peeled and grated
1 teaspoon vanilla

1 teaspoon coconut extract (vary
extracts)
2 pkgs. Sweet and Low or other
sweetener to taste

Mix together all ingredients. Drop by teaspoonfuls on Teflon cookie sheet. Bake at 350°F. for 15 to 20 minutes.

2 Tblsps *1 3/4 cups* *1 cup*
 wheat germ *flour* *cookies*
 ORANGE-NUT COOKIES
 (Israeli) *2 Tblsps* *1 pkg*
choc chips

1 cup soft margarine or butter
 1/2 cup white sugar
 1/2 cup brown sugar
 2 eggs
 1 tablespoon orange juice

2 3/4 cups flour, sifted
 1/2 teaspoon soda
 1 teaspoon salt
 1 tablespoon grated orange rind
 1/2 cup chopped nuts *walnuts*

Mix together butter or margarine, sugar, eggs and orange juice. Sift together flour, soda and salt. Add to first mixture together with the rind. Add the nuts. Mold into long smooth roll and chill overnight in the refrigerator. With a sharp knife, cut in thin slices and bake until lightly browned (about 8 minutes) in 400°F. oven. Makes about 50 cookies.

Schelly Dardashti

WALNUT REFRIGERATOR COOKIES

1/2 cup shortening
 1/2 cup brown sugar
 3/4 cup granulated sugar
 1 egg
 1 teaspoon vanilla

1/2 cup chopped walnuts
 2 cups flour
 1/2 teaspoon salt
 2 teaspoons baking powder

sugars. Add egg and beat well. Add vanilla and nuts. Nuts and mix well. Shape into rolls 1 1/2 inches in diameter thin and bake at 350°F. 10 to 12 minutes. Makes 1 roll in waxed paper and frozen; then bake as needed.

MA'ARUT (Cinnamon Date Rolls)

Filling

butter or *1/2 lb.* pitted dates
 1 cup sugar
 1 cup water
 1 1/2 teaspoons cinnamon
 1/4 cup chopped walnuts

heating and sugar. Work in flour and add just together. Roll out.

s, sugar, water and cinnamon together over low heat. Remove from heat. Add walnuts and mix

roll up. Cut into slices and bake in 300°F. sprinkle with sugar the moment you remove the cookies

Cookies

WATERMELON COOKIES

1 cup butter or margarine	1 teaspoon almond flavoring
1/2 cup sugar	Food coloring
2 1/2 cups sifted flour	Egg white
1/2 teaspoon salt	Chocolate bar
1 egg	

Cream butter and sugar. Add flour, salt, 1 egg and almond flavoring. Mix thoroughly. Color 1/3 dough with 1/2 teaspoon green food coloring. Color 2/3 dough with 3/4 teaspoon red and 1/4 teaspoon yellow coloring. Shape red dough into a cylinder 2 inches in diameter and 5 1/2 inches long. Roll green dough gently on a lightly floured board into a rectangle 1 1/2" x 5 1/2" x 1/4" thick. Brush with beaten egg white. Roll green dough around cylinder. Wrap in plastic wrap and chill overnight.

Heat oven to 400°F. Cut roll into 1/4" slices; cut each slice in half. Coarsely chop chocolate bar and sprinkle on cookies to resemble seeds. Bake on ungreased cookies sheet 10 to 12 minutes. Makes 4 dozen.

Carole Weiblen

FRENCH BUTTER CREAM COOKIES

1/2 cup butter	1 egg, beaten
1/2 cup shortening	2 cups flour, sifted
1 1/3 cups powdered sugar	1 teaspoon soda
1/4 teaspoon salt	1 teaspoon cream of tartar
1 teaspoon vanilla	

Cream shortenings and sugar. Stir in salt, vanilla and egg. Combine dry ingredients and add gradually to shortening mixture. Form into 1/2" balls. Place on ungreased cookie sheet and press down lightly with fork dipped in cold water. Bake at 350°F. for 11 to 12 minutes.

Jeannie Alberts

WALNUT BUTTER BALLS

1 cup finely ground walnuts	1 teaspoon vanilla
1 cup flour	2/3 cup soft butter
3 tablespoons sugar	

Mix all ingredients into a mass using fingers. Pinch off bits and roll in palms of hands into balls about 2/3 the size of a walnut. Bake at 375°F. for 6 to 10 minutes on an ungreased cookie sheet. (They will not be brown.) When cool, roll in granulated sugar.

Carole Weiblen

MANDELPLATZCHEN (Glazed Almond Cookies)

1 cup soft butter or margarine	3/4 cup chopped, blanched almonds
1 cup sugar	2 3/4 cups flour
1/2 teaspoon almond extract	1/2 teaspoon salt
1/2 teaspoon vanilla extract	50 whole almonds
2 eggs, separated	

Cream butter and sugar until light. Beat in flavorings and egg yolks. Add chopped nuts, flour and salt; mix well. Roll into 1" balls, dip in unbeaten egg whites and put 2 inches apart on greased baking sheets. Put a whole almond in the center of each ball and push down to flatten cookie. Bake in 350°F. oven about 10 minutes. Makes about 4 dozen.

Mrs. Gulzow
Embassy of the Federal Republic of Germany

MOLASSES CRINKLES

2 1/4 cups flour	3/4 cup soft shortening
1 teaspoon salt	1 cup brown sugar
2 teaspoons baking soda	1 egg
1/2 teaspoon powdered cloves	1/4 cup molasses
1 teaspoon cinnamon	Granulated sugar
1 teaspoon ginger	

Sift together first 6 ingredients. Mix shortening, brown sugar and egg until very creamy. Mix in molasses, then flour mixture. Chill 1 hour or longer. Heat oven to 375°F. Shape dough into balls the size of walnuts; dip one side of each in granulated sugar. Place, with sugar sides up, on greased cookie sheet, 3 inches apart. Sprinkle each cookie with 2 or 3 drops of water. Bake for 12 to 15 minutes. Makes 4 to 5 dozen.

SNICKERDOODLES

1 cup soft shortening	1 teaspoon soda
1 1/2 cups sugar	1/2 teaspoon salt
2 eggs	2 tablespoons sugar
2 3/4 cups sifted flour	2 teaspoons cinnamon
2 teaspoons cream of tartar	

Mix together thoroughly shortening, sugar and eggs. Sift flour, cream of tartar, soda and salt. Stir into creamed mixture. Chill dough, covered, overnight.

The next day, roll into walnut-sized balls. Dip these into mixture of sugar and cinnamon. Place 2 inches apart on ungreased baking sheet. Bake in 400°F. oven for 8 to 10 minutes or until lightly browned, just soft. They will puff up, then flatten down. Before baking, the cookies may be garnished with walnuts, red or green candied cherries or fruit cake chunks. Makes 2 1/2 dozen.

APRICOT CRESCENTS

3 cups sifted flour
1/2 teaspoon salt
1 cup butter
1 cup sour cream
1 egg

Filling

1 cup dried apricots, chopped*
1/2 cup sugar
1/2 cup water

Cut butter into flour and salt. Stir in sour cream and egg. Divide in half, wrap in wax paper and chill overnight (or at least several hours).

Combine filling ingredients. Cook, stirring constantly, for 5 minutes or until thick as jam. Cool.

Roll out chilled dough half at a time into a 15-inch square on floured board. Cut into 25 three-inch squares, then cut each square in half diagonally to make 2 triangles. Spoon 1/2 teaspoon filling in middle of longest side; roll up, curving ends to form crescent. Place seam side down on greased cookie sheet. Brush with slightly beaten egg white. Sprinkle tips with green sugar. Bake at 350°F. for 20 minutes. Cool on racks. Store with wax paper between layers. Will stay moist three weeks.

*Prunes may also be used in place of apricots.

Carole Weiblen

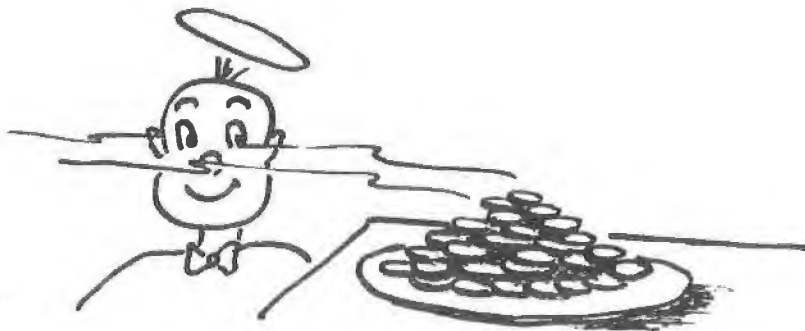
ZIMSTERNE CINNAMON COOKIES

3/4 cup butter
3/4 cup sugar
2 eggs
1 cup flour
1 teaspoon baking powder

1/4 teaspoon salt
1 1/2 cups sifted cornstarch
1 teaspoon cinnamon
1 egg yolk, diluted with water

Cream butter and sugar well. Beat in eggs. Mix remaining dry ingredients and sift. Add to first mixture. Roll out on floured board and cut with star cutter (Zimsterne means "to the stars"). Brush with diluted egg yolk and bake in 400°F. oven for about 15 minutes.

Schelly Dardashti



BERTHA HALLA'S LINZER COOKIES

1/2 lb. (1 cup) sweet butter
2 3/4 cups sifted flour

1 1/4 cups confectioners sugar
2 egg yolks

Combine all ingredients to make dough. Roll out, a section at a time, and cut with small round cookie cutter (or top of liqueur glass). Additionally, using a thimble, cut a small hole in middle of half of the cookies. Bake in 325°F. oven until lightly golden brown. Cool. Place a small portion of your favorite jam on top of whole cookies and cover with cookies with the hole.

Mitzi Halla

SPECULATIUS

(Netherland Spice Cookie for St. Nicolas Day)

1/2 teaspoon soda
4 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon cloves
4 1/2 cups sifted flour

1 cup butter
1 cup lard
2 cups brown sugar
1/2 cup sour cream
1/2 cup chopped nuts

Cream shortening and sugar. Add sour cream alternately with sifted dry ingredients. Stir in nuts. Knead the dough into rolls. Chill overnight. Roll the dough very thin and cut into shapes. Bake at 375°F. 10 to 15 minutes.

Maydalen Silen

KRIS KRINGLE CANE COOKIES

2 3/4 cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
1 1/2 cups sugar
1/2 cup butter
1/4 cup milk

1 egg
1 teaspoon peppermint flavoring
1 crushed candy cane (or
peppermint Lifesavers)
Red food coloring

Cream butter and sugar, add egg and flavoring. Sift flour and other dry ingredients. Add alternately with milk to sugar mixture. Stir in crushed candy.

Divide dough, which will be stiff, in half. Tint half with red food coloring. Mix thoroughly with fingers.

To make canes, pinch off enough of each dough to make into pencil-sized strips. Place strips side by side; press ends together and twist into a rope. Bend top to form cane shape. Place one inch apart on ungreased cookie sheet. Bake at 350°F. for 10 minutes or until firm (not brown). Cool completely. To store, layer cookies with wax paper between layers in tightly covered container. May be made at least 2 weeks ahead.

Carole Weiblen

Cookies

ANGEL BALLS

1 lb. dates	1/2 lb. (1 cup) butter or margarine
1 cup flaked coconut	1 teaspoon vanilla
1 cup granulated sugar	2 cups chopped nuts
1 cup brown sugar	4 cups Rice Krispies

Cut up dates; mix with coconut, sugars and margarine in a saucepan. Cook together, stirring frequently, over low heat about 6 or 7 minutes. Cool slightly, then add Rice Krispies and nuts. Shape into small balls and roll in powdered sugar. Store in tightly covered container. Keeps well.

Sara S. Shipley

ALMOND PEARLS (No Baking)

8 oz. almond paste	1/2 cup finely chopped dried apricots
1 cup sifted confectioners sugar	1 teaspoon rum flavoring
2 tablespoons water	1/2 teaspoon vanilla
1/2 cup finely chopped seedless raisins	Extra confectioners sugar

Mix all ingredients together to blend completely. Mixture will be stiff. Roll into marble-size balls and roll in confectioners sugar. Store in single layer in tightly covered container.

Carole Weiblen

FRUITY COOKIE RECIPE WITH JELLO

4 cups all-purpose flour, sifted	1 3-oz. pkg. Jello gelatin, any flavor
1 teaspoon baking powder	1 egg
1 1/2 cups butter	1 teaspoon vanilla
1 cup sugar	Additional flavored Jello

Sift flour with baking powder. Cream butter. Gradually add sugar and gelatin, creaming well after each addition. Add egg and vanilla; beat well. Gradually add flour mixture, mixing after each addition until smooth. Force dough through cookie press onto ungreased baking sheet. Sprinkle with additional gelatin; decorate as desired. Bake at 400°F. about 13 or 14 minutes, or until golden brown around edges. Store in loosely covered container. Makes about 5 dozen cookies.

Lois Ann Franklin

APRICOT ORANGE BALLS

1 lb. dried apricots	1 pkg. coconut
1 medium orange	1 lb. powdered sugar
2 cups sugar	

Grind apricots and orange together in food chopper and cook with sugar in top of double boiler until sugar is dissolved. Remove from heat and add coconut. Cool on a tray. Shape into balls the size of walnuts and roll in powdered sugar. Store several days in closed container in refrigerator, then roll again in powdered sugar. Makes 40 to 50 cookies. Good for Christmas giving!

Theresa Kinser

BOURBON BALLS
(No Baking)

2 1/2 cups crushed vanilla wafers	2 tablespoons corn syrup
or tea cookies	1/3 to 1/2 cup bourbon (or cognac)
1 1/4 cups chopped pecans	1/2 cup confectioners sugar
6 tablespoons cocoa	

Combine wafers, nuts, 2 tablespoons cocoa and syrup. Add enough bourbon to make firm dough. Roll into walnut-size balls. Roll balls in 4 tablespoons cocoa sifted with confectioners sugar. Store tightly covered for at least 24 hours to ripen. Makes about 48.

Carole Weiblen

NO BAKE DATE COOKIES

1 cup sugar	1 tablespoon butter
1 cup chopped dates	2 cups Rice Krispies
2 eggs, beaten	1 teaspoon vanilla
1 cup chopped nuts	Coconut

Boil together the first four ingredients for 5 minutes, stirring constantly. Add the next three ingredients. When cool enough to handle, dampen fingers and form into walnut-size balls and roll in coconut.

Wanda Krebill

UNBAKED OATMEAL COOKIES

1/2 cup butter or margarine	Pinch salt
2 cups sugar	3 cups quick rolled oats
3 tablespoons cocoa	1 cup chopped nuts
1 cup grated apple	1 teaspoon vanilla

Melt butter. Add sugar, cocoa, grated apple and salt. Boil 1 minute. Remove from heat and immediately add oats, nuts and vanilla. Mix well. Drop by heaping teaspoonfuls onto waxed paper. When cool, roll in confectioners sugar if desired. Makes about 70 small cookies.

M. Doris Tyack

NO BAKE SKILLET COOKIES

1/2 lb. (1 cup) butter or margarine	2 cups chopped nuts (pecans or walnuts)
1 lb. chopped dates	2 cups Rice Krispies
1 1/2 cups granulated sugar	2 teaspoons vanilla
4 egg yolks	Coconut

Put first four ingredients in a skillet. Bring to a boil, stirring constantly, and boil for two minutes. Remove from heat. Add chopped nuts, Rice Krispies and vanilla. When cool enough to handle, roll into small walnut-size balls, then roll in coconut.

JoAnn Jennings

APPLESAUCE SQUARES

2 cups sifted flour	1 cup sugar
2 teaspoons soda	1 egg
3/4 teaspoon cinnamon	1 teaspoon vanilla
1/4 teaspoon cloves	1 1/2 cups applesauce (fresh or canned)
1/4 teaspoon nutmeg	1 cup chopped nuts
1/2 cup butter	1 cup raisins

Combine flour, soda, cinnamon, cloves and nutmeg. Cream butter and sugar. Add egg and vanilla. Beat in flour mixture. Add applesauce. Stir in with a spoon the nuts and raisins. Bake in 15" x 10" x 1" pan for 25 to 30 minutes in 350°F. oven. When cool, sprinkle with powdered sugar and cut into squares.

Jean Fouladi

CHOCOLATE REFRESHERS

1 1/4 cups sifted flour
 3/4 teaspoon soda
 1/2 teaspoon salt
 1 1/4 cups dates, cut in pieces
 3/4 cup firmly packed light
 brown sugar
 1/2 cup water
 1/2 cup butter
 1 cup (6 oz.) chocolate chips
 (or local chocolate pieces cut
 to approx. same size)
 2 unbeaten eggs

1/2 cup orange juice
 1/2 cup milk
 1 cup chopped walnuts

Orange Glaze

1 1/2 cups confectioners sugar
 2 tablespoons soft butter
 1 to 2 teaspoons grated orange
 rind
 2 to 3 tablespoons cream

Sift flour with soda and salt. Combine dates, brown sugar, water, butter in large sauce pan. Cook over low heat, stirring constantly, until dates soften. Remove from heat. Stir in chocolate chips; beat in eggs. Add dry ingredients alternately with orange juice and milk. Blend thoroughly after each addition. Stir in walnuts. Bake in well-greased 15" x 10" x 1" pan at 350°F. for 30 minutes. Cool; spread with glaze. Cut into bars.

To prepare glaze, combine sugar, butter and orange rind. Blend in cream until of spreading consistency.

Audrey Peterson

COCOA BARS

1/4 cup butter
 1 cup sugar
 1 teaspoon vanilla
 2 eggs
 1/4 cup milk
 1 cup sifted flour
 2 tablespoons cocoa
 1/4 teaspoon salt
 1/2 cup chopped walnuts

Frosting

1 1/2 tablespoons cocoa
 1 tablespoon milk
 1/4 teaspoon vanilla
 1 1/2 teaspoons soft butter
 2/3 cup sifted confectioners
 sugar

Cream butter. Gradually add sugar and vanilla, creaming well. Beat in eggs, one at a time. Stir in milk. Sift together dry ingredients; stir into creamed mixture. Add nuts. Spread in a greased 9" x 9" x 2" pan. Bake at 375°F. for 20 minutes, or until done.

Blend together the frosting ingredients. Frost bars immediately after removal from oven. Cool and cut into bars. Makes 2 dozen.

Betty Arnold

Cookies

SAUCEPAN BROWNIES

1/2 cup butter (or use 1/4 cup butter, 1/4 cup shortening)	2 eggs
6 tablespoons cocoa	3/4 cup flour
1/2 teaspoon vanilla extract	1/4 teaspoon salt
1 cup sugar	3/4 cup chopped nuts

In saucepan over low heat, melt butter and add cocoa, stirring constantly; cool. Beat in vanilla and sugar, then add eggs one at a time, beating well after each addition. Stir in flour, salt and nuts. Spread in 8-inch square pan greased and floured (or lined with aluminum foil). Bake in moderate oven, 350°F., about 25 minutes. Turn out on plate or cake rack and peel off foil. Cool, cut into squares. Store in airtight container.

B. Haeri

DATE AND NUT TEA SQUARES

3 eggs	Few grains salt
1 cup sugar	1 cup dates, cut fine
1 cup flour	1 cup nutmeats, chopped
1/2 teaspoon baking powder	

Preheat oven to 350°F. Beat eggs until foamy. Gradually add sugar. Sift remaining dry ingredients; add dates and nuts. Stir into the egg mixture. Spread in 14" x 8" buttered baking pan and bake 30 minutes or until firm and browned. Cut into small squares while still warm and roll in powdered sugar. Makes 36 to 40 bars.

Sandra Warren

WALNUT SQUARES

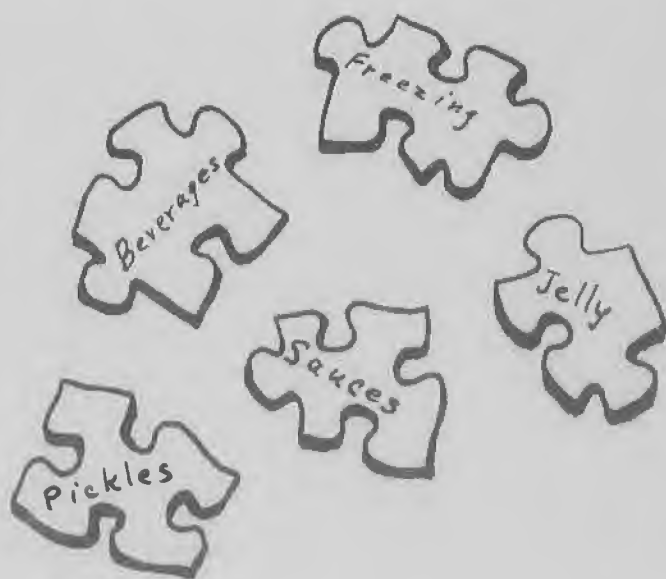
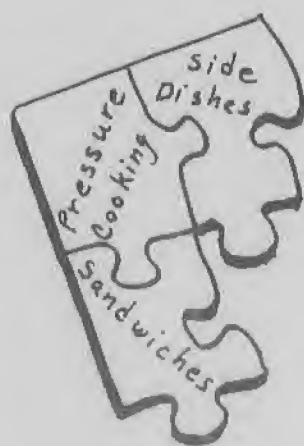
1/3 cup shortening	2 tablespoons cake flour (or all-purpose flour)
1/3 cup powdered sugar	1/4 teaspoon baking powder
1 teaspoon vanilla	1/2 teaspoon salt
1 egg yolk	1 teaspoon vanilla
1 1/3 cups flour	1 cup chopped nuts
2 eggs	1/2 cup coconut (optional)
1 cup brown sugar	

Cream shortening and powdered sugar. Add vanilla and egg yolk. Beat. Add flour and mix well. Press dough flat in 8" x 8" pan. Bake 12 minutes at 425°F.

Beat eggs and sugar together. Fold in sifted cake flour, baking powder and salt. Add remaining ingredients and spread over baked crust. Bake 25 to 30 minutes at 350°F. Frost with butter icing. Cut into squares.

Audrey Peterson

And
Also...



AND ALSO'S...

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HOLIDAY EGGNOG

12 egg yolks	1/2 teaspoon salt
1 cup sugar	12 egg whites
1 cup bourbon*	2 cups heavy cream
1 cup light rum*	1 qt. milk

Beat egg yolks and sugar. Slowly add liquor (and extract, if used), beating constantly at low speed. Chill several hours to ripen.

Add salt to egg whites and beat until almost stiff. Whip cream until very thick. Stir milk into chilled egg yolk mixture. Fold in egg whites. Fold in whipped cream. Chill at least one hour. Stir before serving and sprinkle with nutmeg. Makes 30 five-ounce servings.

*Two cups vodka and 1 bottle of rum extract may be used instead of bourbon and rum.

Carole Weiblen

HOLIDAY EGGNOG QUICK

Fill up your punch bowl with vanilla ice milk, sold in super market in Tehran in plastic bags. As it gets slushy, add as much whiskey as desired and have nutmeg handy for guests who are first to arrive. Have plenty of ice milk on hand; it will keep if you don't use it all.

Sue Phillips

CHRISTMAS WASSAIL

2 qts. sweet apple cider	1 1/2 cups pineapple juice
2 cups orange juice	4 to 6 whole cloves
1 cup lemon juice	Sugar or honey to taste

Combine ingredients and bring to a simmer. Strain and serve hot.

Marjorie Boettcher

HOT BUTTERED RUM BATTER
(Trader Vic's)

1 lb. brown sugar	Nutmeg
1/2 cup butter	Cinnamon
Pinch salt	Ground cloves

Cream butter and sugar together until smooth and fluffy. Add 1/4 teaspoon to 1/2 teaspoon of each of the spices. Add salt.

Roll the batter into balls (large walnut size). These keep beautifully in the refrigerator indefinitely. Put one ball into a 6-oz. mug; add 1 1/2 oz. dark Jamaican rum. Add HOT water. Stir with a cinnamon stick as a swizzle stick.

Donna Sisk

FRUIT CORDIAL

3 qts. fresh fruit:	3 cups sugar
Strawberries,	1 fifth vodka
Cherries (leave pits),	
Raspberries,	
Peaches (cut up), or	
Apricots (cut up)	

Combine and put in a large glass jar. Shake daily until sugar dissolves, about two weeks. Allow to stand four more weeks. Then strain through a non-metallic sieve. Do not squeeze, as you do not want the pulp, especially peaches and apricots.

Maydalen Siler

KAHLUA - HOME BREW

1 vanilla bean	2 cups boiling water
4 cups sugar	1 small jar instant coffee
1 fifth cheap vodka	

Find a 1/2 gallon bottle. Put in the vanilla bean. Using a funnel, pour in sugar and coffee. Add boiling water to dissolve coffee and sugar. Mix and shake well, and then add vodka. Set aside in a dark closet for 30 days.

Donna Sisk

DAIQUIRI A LA IRAN

1 oz. bottled local lime juice
3 oz. local rum
1 teaspoon sugar

In blender crush two ice cubes. Add above ingredients; spin together until foamy.

Gene Weiblen

DRAMBUIE

1 bottle Scotch (any brand)
1 bottle clover honey

Use 1 1/2 parts Scotch to 1 part honey. Merely stir and place in bottle or decanter. Don't worry about aging.

Donna Sisk

LOW-CALORIE COFFEE ROYALE

1 cup black hot coffee
1/3 cup dry milk

1 teaspoon vanilla or rum
Artificial sweetener to taste

Blend together all ingredients in blender.

Darlene Fink

DESSERT COFFEE

Brew 6 cups regular-strength coffee with the seeds from 1 cardamon pod. Pour slowly into tall glasses with spoons in them. Top with whipped cream and wedges of thinly sliced orange.

SPICED TEA

1/2 cup instant tea
1 teaspoon grated lemon rind
2 cups orange Tang
2 cups sugar

1 teaspoon cloves
1 teaspoon allspice
1/4 teaspoon ginger (optional)

Blend together all ingredients. Use 2 teaspoons per cup of boiling water.

Lois Ann Franklin

SPICED TEA

2 cups instant tea
2 cups orange Tang
1 cup sugar (or more)

1 teaspoon cinnamon
1/2 teaspoon ground cloves

Mix together and keep in airtight container. Add two teaspoons of mixture to 1 cup hot water. Use the same quantity for iced tea.

Ruth Powers

APPLE-GRAPE DRINK

1 quart apple juice
1 quart grape juice
1 quart gingerale (or 7-Up)

Combine juices and gingerale. Serve over ice cubes. Makes 10 servings.

Joanne Eivaz

Beverages

CHILDREN'S CLOWN PUNCH

1/2 bottle lemon squash concentrate	2 quarts water
1 pkg. cherry Kool Aid	3 bottles 7-Up
	Assorted fruits for garnish

Mix all ingredients together and garnish with clown faces. To make faces, slice apples (dip in orange juice to keep from discoloring). Slice grape in half for nose; use whole cloves for eyes. For silly smile, use one-half lime rind from slice of lime. A surprise mouth is half a maraschino cherry. Half an orange slice or rind makes good hair. Float faces in punch and serve cold.

BLENDER BEVERAGES

Orange Frost -	Blend:	2 cups orange juice 4 scoops vanilla ice cream
Melon Surprise -	Blend:	2 cups orange juice 2 cups honeydew melon 1 tablespoon lemon juice
Orange Nog -	Blend:	2 cups orange juice Small piece orange rind 1 egg
Lemonade -	Blend:	1/2 cup lemon juice 2 cups water 4 tablespoons sugar or honey 1 cup crushed ice

LOW-CALORIE SOFT DRINK

1 pkg. Kool Aid	3 1/2 cups cold water
48 Sweetex tablets*	4 cups club soda
1/2 cup boiling water	

*Saccharine can be bought at any drug store. One teaspoon sugar equals one Sweetex tablet; 1 cup sugar equals 48 Sweetex tablets.

Mix Kool Aid and tablets in boiling water. Stir until dissolved, then add cold water. Refrigerate until ready to use. Before serving, add club soda and ice.

NOODLES STROGANOFF

1 pkg. broad noodles (about 5 oz.)	1/2 cup tomato sauce
3 tablespoons butter or margarine	1 1/4 to 1 1/2 cups beef bouillon
1/2 cup onions, finely chopped	(undiluted canned or make with
1 clove garlic, finely chopped	2 cubes
6 oz. sliced mushrooms, about	1 teaspoon salt
3/4 cup fresh (if using	1/4 teaspoon pepper
canned mushrooms, drain)	1 cup dairy sour cream
1 tablespoon flour	1/2 cup grated Parmesan cheese

Preheat oven to 375°F. Lightly grease a 1 1/2-quart casserole. Cook noodles; drain.

Heat butter in skillet; saute onion, garlic and mushrooms until onion is tender, not browned, about five minutes. Remove from heat. Add and stir in flour, tomato sauce, bouillon and seasonings. Heat to boiling, stirring. Reduce heat and simmer for five minutes, stirring frequently. Remove from heat.* Stir in sour cream just until combined. Layer in casserole, beginning with noodles, then sour cream mixture, repeating twice. Sprinkle with cheese. Bake uncovered until brown and bubbly, about 25 minutes.

*Can be made in advance to this point, heated and combined later. (One package of noodles from Super Shilan makes about six servings. This amount of sauce will be sufficient for about 1 1/4 packages, to serve eight.)

Ruth Dillon

SPAGHETTI PATTIES

4 cups cooked spaghetti	1/4 cup grated Parmesan cheese
3 eggs	1 teaspoon salt
4 slices bacon, fried and	Dash pepper
crumbled	Salad oil
1/4 cup minced green onions	

In large bowl, combine all ingredients except salad oil. In large skillet over medium heat, in 3 tablespoons hot salad oil, drop three heaping 1/2-cup mounds of spaghetti mixture. Using a pancake turner, press each mound into a 4-inch patty.

Fry patties until golden brown, about 7 minutes, turning once. Remove to platter and keep warm. Repeat with remaining spaghetti mixture, adding more oil if necessary. Serve as accompaniment to any meat, poultry or fish dish in place of potatoes or rice. Makes 6 servings.

Janet Walker

Side Dishes

ZESTY MACARONI DISH

1 cup grated cheese	1 tablespoon instant onion
1/3 cup catsup	3 cups cooked macaroni
1/4 cup water	1/2 cup ripe olive wedges

Cook over low heat the cheese, catsup, water and onion until the cheese melts. Stir in the macaroni and olives. Turn into a shallow casserole and bake until heated through. Serves 4.

Jean Howard

HERBED SPAGHETTI

4 to 6 cloves garlic	1 cup fresh herbs (chives, parsley, green onion tops), chopped
3 tablespoons oil	Salt
1/2 cup butter or margarine, melted	1 lb. thin spaghetti

Mash garlic and saute in the oil in a saucepan until golden. Remove from heat and add butter and herbs. Season with salt. Cook and drain spaghetti. Add sauce and toss lightly. Serves 6.

Jean Howard

BAKED RICE FLUFF

3 eggs separated	1 cup cheddar cheese, cubed
1 small onion, cut in half	1 cup parsley sprigs
1/2 cup butter, melted	2 cups cooked rice

Heat oven to 350°F. and grease a 2-qt. casserole. Put egg yolks, onion, butter and cheese into blender container. Cover and process at BLEND until smooth. Add parsley and process only long enough to chop. Pour over cooked rice and mix thoroughly. Beat egg whites until stiff and fold into the rice mixture. Bake for 25 minutes. Serve as is or with creamed seafood.

Jean Howard

SPANISH RICE

6 slices bacon, cut up	3 cups cooked rice
1/4 cup onions, finely chopped	2 cups cooked tomatoes
1/4 cup green pepper, chopped	Salt and pepper

Fry bacon until crisp. Remove from skillet, draining off most of the fat. Add onion and green pepper to bacon fat. Cook over medium heat until onion is yellow. Add bacon and remaining ingredients. Cook uncovered over low heat about 15 minutes or until flavors are blended and mixture is hot.

Jean Howard

VENEZUELAN RICE

1 1/2 cups rice
3 cups water
1/2 to 1 teaspoon salt

1/2 medium sized onion
2 tablespoons shortening, lard
or oil

Clean and wash the rice. Add salt and onion to water and put on the fire in a large saucepan (because rice boils over easily). When the water boils, throw in the rice. Cook covered and without stirring 15 minutes, more or less, until it begins to dry and small depressions appear in the surface. Add the shortening, do not stir. Cover and leave on a low fire about 15 minutes more. The rice will be dry and fluffy, with a shell adhering to the saucepan.

Embassy of the Republic of Venezuela

SYRIAN RICE DISH

2 cups dried apricots, cut up
1 cup white raisins
2 cups rice, uncooked
1/2 cup butter

1 cup minced onion
1/2 cup chopped green pepper
1/2 teaspoon curry powder
1 cup toasted almonds

Cover with water the apricots and raisins. Soak one-half hour. Cook rice. Preheat oven to 375°F. In a skillet, melt butter and saute onion and green pepper with curry powder. Add almonds and the drained, chopped apricots and raisins plus cooked rice. Correct the seasoning and put into a greased baking dish and bake for about 30 minutes.

Mary Lou Pryor

INDIAN PILAF

1 cup rice, uncooked
1 clove garlic, minced
1/3 cup butter
2 1/2 to 3 cups beef bouillon

1/4 cup raisins
2 tablespoons toasted slivered
almonds

In heavy skillet saute rice and garlic in butter until rice turns orange. Remove from heat and add bouillon. Cover with tight-fitting lid or foil which fits securely around edges of skillet. Add more bouillon if needed after 30 minutes of cooking. Cook 45 to 50 minutes or until liquid is absorbed and rice is tender. Remove from heat, uncover, and sprinkle with raisins and almonds. Serve immediately. Serves 4.

Jean Howard

Sauces

BARBEQUE SAUCE

2 cups tomato sauce	1/8 teaspoon pepper
1 teaspoon paprika*	2 tablespoons Worcestershire
1 teaspoon dry mustard*	sauce*
1 teaspoon chili powder*	1/4 cup vinegar
2 tablespoons sugar	

Combine all ingredients and simmer 15 minutes. Use on lamb, chicken, ribs, etc.

*Still tasty if these ingredients are omitted.

Peace Corps' Iran Cookbook

BARBECUE SAUCE

6 tablespoons minced onions	2 teaspoons prepared mustard
3 tablespoons butter	2 tablespoons Worcestershire sauce
1 cup catsup	(or substitute ATA Steak Sauce)
1/4 cup vinegar	1/8 teaspoon salt
2 tablespoons brown sugar	

Saute onions. Stir in rest of ingredients and cook 10 minutes. Store this in tightly covered container in refrigerator. Keeps for months.

B. Haeri

SEAFOOD COCKTAIL SAUCE

1 cup catsup	1 1/2 teaspoons lemon juice
2 tablespoons Worcestershire sauce	1/2 teaspoon seasoned salt
1 teaspoon horseradish	1 teaspoon onion powder

Mix all ingredients together and shake well.

Darlene Fink

CATSUP

11 cups local tomato puree	3/4 cup vinegar
1 teaspoon cinnamon	1 teaspoon black pepper
1/2 teaspoon paprika	1 tablespoon salt
1 tablespoon (scant) mixed pickling spice	1 medium onion, chopped
1/2 tablespoon dry mustard	2 tablespoons cold water
	2 cups sugar

Tie whole spices and onion in a cheesecloth bag. Mix mustard with cold water. Combine all ingredients. Cook slowly, stirring constantly, until proper thickness is attained, about 4 or 5 minutes. Store in freezer in small plastic boxes and refrigerate box you are using.

Audrey Peterson

BROWN SAUCE
(Espagnole)

3 tablespoons flour	1/2 teaspoon salt
1 1/2 tablespoons butter	Freshly ground pepper
1 cup water or meat or vegetable stock	

Melt the fat over the direct flame in a broad shallow pan. Add the flour, pepper and salt all at once; mix well and heat until flour is well browned. Remove from fire; add one-third of liquid and blend. Return to fire and as mixture thickens add remaining portions of liquid, blending each with the other ingredients. Cook slowly for 1 to 2 minutes after the sauce thickens.

Maria Forsyth

MUSHROOM SAUCE

1 cup brown sauce
1/2 cup sliced canned mushrooms, or
1/2 lb. fresh mushrooms

Fry mushrooms in butter and add to brown sauce.

Maria Forsyth

A LA KING SAUCE

1 cup medium white sauce	1/2 cup sliced mushrooms
1 tablespoon chopped pepper	1 teaspoon chopped canned pimiento
1 tablespoon chopped onion	

Brown pepper, onion and mushrooms in butter before making white sauce. When sauce is cooked, add pimiento.

Maria Forsyth

CHEESE SAUCE

1 cup medium white sauce
1/2 cup grated cheddar cheese

Prepare white sauce. After it has thickened, place over boiling water in a double boiler. Add grated cheese; heat just until cheese melts and blend.

Maria Forsyth

TRUE HOLLANDAISE SAUCE

1/2 cup butter	Few grains paprika
2 egg yolks	1/3 cup hot water, scalding
1/4 teaspoon salt	1/2 tablespoon vinegar

Cream butter with a wooden spoon. Add egg yolks, one at a time, and beat into butter thoroughly. Add salt, paprika and water. Cook over hot water until thick and creamy, stirring constantly. Do not let the water boil. Remove from fire and add vinegar slowly. Serve immediately on vegetables or fish.

Maria Forsyth

BLENDER HOLLANDAISE SAUCE

3 egg yolks	1/4 teaspoon salt
Pinch cayenne	2/3 to 1 cup butter
2 tablespoons lemon juice	

Have ready in blender the first four ingredients. Heat to bubbling stage, but do not brown, the 2/3 cup to 1 cup butter. Cover blender and turn motor on high speed. After 3 seconds, remove the lid and pour the butter over the eggs in a steady stream. By the time the butter is poured in, about 30 seconds, the sauce should be finished. If not, blend on high speed about 5 seconds longer. Serve at once or keep warm by immersing blender container in warm water. This sauce may be frozen and reconstituted over hot water. Do not make in a smaller quantity than given here, as there is then not enough heat to cook the eggs properly.

Maria Forsyth

MOCK HOLLANDAISE SAUCE

1 cup medium white sauce	2 tablespoons butter
2 egg yolks, beaten	3 tablespoons lemon juice

Pour white sauce slowly over egg yolks and blend. Add butter, and when blended, add the lemon juice very slowly. Heat and serve.

Maria Forsyth

BERNAISE SAUCE

Hollandaise Sauce	1 teaspoon chopped parsley
1 teaspoon onion juice	1 tablespoon tarragon vinegar
1 teaspoon chopped tarragon.	

Combine all ingredients.

Maria Forsyth

VELOUTE SAUCE

1/2 cup meat stock	1 1/2 tablespoons butter
1 tablespoon onion	2 tablespoons flour
1/4 cup diced carrots	1/2 teaspoon salt
Bay leaf	Pepper to taste
Parsley	1/2 cup milk
6 peppercorns	

Cook meat stock with onion, carrots, bay leaf, parsley and peppercorns. Strain. Melt fat in a broad shallow pan over direct flame. Add flour, salt and pepper all at once and stir until blended. Remove from fire, add about 1/3 of liquids, blend. Return to fire and, as mixture thickens, add remaining portions of liquids, blending each with the other ingredients. Cook slowly from 1 to 2 minutes after the sauce thickens.

Maria Forsyth

SAUCE ALLEMANDE

Veloute sauce
 1 teaspoon lemon juice
 1 egg yolk, well beaten

Make Veloute Sauce using 1 cup of white meat stock, from veal or chicken, instead of stock and milk. After sauce is prepared, add lemon juice and pour over well beaten egg yolk.

Maria Forsyth

MINT SAUCE

1/2 cup water	1/2 cup sugar
1/2 cup vinegar	1/2 cup dried mint flakes

Bring water and vinegar to a boil in saucepan. Remove from heat; add sugar and mint flakes. Let stand 30 minutes. Drain and serve.

Fresh mint can be used, but boil 20 minutes.

Peach Corps' Iran Cookbook

ANCHOVY BUTTER

Use 1 tablespoon anchovy paste to 2 tablespoons butter. Cream together.

Maria Forsyth

MAITRE D'HOTEL BUTTER SAUCE

1/4 cup butter	1/2 teaspoon parsley, finely
1/2 teaspoon salt	chopped
1/16 teaspoon pepper	3/4 tablespoon lemon juice

Work butter until creamy. Add salt, pepper and parsley and cream until well blended. Add lemon juice slowly and cream.

Maria Forsyth

SPECIAL HAWAIIAN MARINADE FOR BEEF

1/4 cup wine vinegar	Dash celery seed
1 tablespoon brown sugar	1/2 tablespoon ginger
1/8 cup honey	1/2 teaspoon paprika
1/2 cup pineapple juice	1/2 teaspoon soy sauce
Juice of 1 lemon	1/2 teaspoon Worcestershire sauce
1/2 cup salad oil	Dash of cinnamon
1/2 teaspoon salt	Dash of nutmeg

Combine all ingredients.

Maydalen Siler

MEAT BARBEQUE MARINADE

1/2 cup oil	1 1/2 tablespoons salt
3/4 cup lemon juice	3 tablespoons sugar
1/4 cup water	1 1/4 teaspoons tabasco sauce

Marinate meat in sauce several hours or overnight. Drain sauce before cooking or stew in the sauce.

Peace Corps' Iran Cookbook

MARINADE FOR MEAT

1/4 cup olive oil	2 cloves crushed garlic
1/2 cup red wine	2 teaspoons salt
1/4 cup vinegar	Pepper

Mix all ingredients together. Put meat in marinade, cover and refrigerate overnight.

Carole Weiblen

LUNCHEON SANDWICH LOAF

1 smooth loaf French bread
 Cream cheese for icing
 2 kinds of filling

Some suggested fillings:
 Ham-olive, and egg salad
 Tuna salad and cheese spread

Cut French bread into thirds lengthwise. Cover the slices with filling. Stack loaf back into original form. Soften cream cheese with milk to spread easily and ice outside of loaf with this mixture. Decorate with "flowers" of olives and egg slices. Slice crosswise to serve.

TUNA OR CHICKEN BURGERS

1 can (7 oz.) tuna, flaked, or
 1 cup cut-up cooked chicken
 1 cup chopped celery
 1 small onion, minced
 1/2 cup diced cheddar cheese

1/2 cup chopped ripe olives
 1/4 cup mayonnaise
 Salt & pepper to taste
 6 hamburger buns

Mix filling ingredients. Fill buttered buns with mixture. Wrap in aluminum foil. Refrigerate. Just before serving, heat at 350°F. 15 to 20 minutes. Serves 6.

BROILED TURKEY AND CHEESE SANDWICHES

Make sandwiches of toasted-on-one-side bread (buttered on untoasted side) and slices of roast turkey. Cover each sandwich with a thin slice of cheese. Place under broiler until cheese is melted. Serve hot with mushroom sauce.

SANDWICH FILLINGS

Meat: Grind leftover ham or beef roast (or buy an inexpensive cut and cook it in a pressure cooker). Add chopped pickle or your favorite relish, celery, prepared mustard or horseradish and mayonnaise.

Fish: Flaked tuna or salmon, sweet pickle, celery and mayonnaise.

Flaked crabmeat or chopped shrimp, chopped celery, lemon juice and mayonnaise.

Thinly sliced smoked sturgeon and your favorite sandwich dressing.

Egg: Chopped hard-cooked egg, pickle relish, pimiento and salad dressing.

Chopped hard-cooked egg, ripe olives and mayonnaise.

Chopped hard-cooked egg, chopped ham, minced onion, finely chopped green pepper and salad dressing.

Scrambled egg with bits of cheddar cheese cooked with it.

FREEZING

Celery - Celery loses its crunchiness after freezing, but it is not so mushy that it can't be used in gelatin salads. Wash it well in cold water, cube it, package in one-half cup packages (or whatever amount you commonly use in casseroles, etc.) and put small packages in a plastic bag in freezer.

Cherries, Black Sweet - Wash well in cold water with Purex or chlorine added, rinse well, pit or not as you wish. Mix measured cherries with measured dry sugar to taste and put in plastic boxes. Seal and freeze. The cherries don't discolor without the addition of the acid chemical which is recommended in all the freezer books.

Cherries, Sour - Wash well in cold water with Purex or chlorine added, rinse well and pit. Mix measured cherries and measured dry sugar in the amounts you generally use for one pie or other use. Package, seal and freeze. If you are always going to cook them when thawed, you can omit the Purex in their wash.

Green Peppers - Wash well in cold water, remove seeds and pulp, chop, package in one-tablespoon packets, put in plastic bag in freezer. May also be frozen whole, 4 to 6 in a plastic bag.

Herbs - Chives, dill, mint, parsley, etc. Wash thoroughly and remove excess moisture. Chop finely, package in amounts convenient for your usage and freeze.

Lemon Juice & Lemon Rind - Grate the rind, wrap it in one-teaspoon packages and put them in a plastic bag in freezer. Squeeze the juice and freeze it in ice cube trays (which you have previously measured to know how many tablespoons will be in a cube). When frozen, take out the cubes and put them in a plastic bag in the freezer.

Lime Juice - Squeeze the juice and freeze it in ice cube trays (which you have previously measured to know how many tablespoons will be in a cube). When frozen, take out the cubes and put them in a plastic bag in the freezer.

Mushrooms - Wash well, trim out bad places, slice and saute in butter. Freeze in whatever size packages you normally use.

Nutmeats - Walnuts and Almonds. No processing of any kind is necessary. Package in air-tight containers or plastic bags and freeze. Cashew nuts become sticky when they have been frozen and thawed. Do not freeze salted nuts.

Audrey Peterson

SWEET PICKLE CHIPS

4 lbs. 3" to 4" pickling cucumber	5 3/4 cups sugar
1 qt. white vinegar	2 1/4 teaspoons celery seed
3 tablespoons salt	1 tablespoon whole allspice
1 tablespoon mustard seed	3 1/2 cups distilled white
1/4 cup sugar	vinegar

Wash cucumbers thoroughly. Cut in 1/4" slices and combine with next four ingredients in a large saucepan. Simmer covered for 10 minutes. Drain, discarding liquid. Place cucumber slices into hot sterilized jars. Meanwhile, heat 3 1/2 cups vinegar and remaining ingredients until sugar is dissolved and mixture reaches boiling point. Continue simmering while filling jars to within 1/8" of top. Be sure vinegar solution covers cucumbers. Seal each jar at once. Makes 5 pints.

Mary Arbelot

COCKTAIL PICKLES

7 lbs. cucumbers	1 teaspoon celery seed
2 gals. water	1 teaspoon whole cloves
2 cups hydrated lime	1 tablespoon pickling spice
2 qts. vinegar	2 tablespoons salt
4 lbs. sugar	

Cube or slice cucumbers. Cover with water and hydrated lime (in heavy plastic pail; do not use aluminum container). Let stand for 24 hours; rinse well. Soak in cold water for 3 hours; drain. Cover with vinegar and sugar; add spices in cloth bag. Cook until clear in large pan, about 2 hours. Remove spices and place pickles in hot sterilized jars. Seal immediately.

Ava Harris

CRISP PICKLE SLICES

4 qts. medium cucumbers, sliced (approximately 20)	5 cups sugar
6 medium white onions, sliced	1 1/2 teaspoons tumeric
2 green peppers, chopped	1 1/2 teaspoons celery seed
1/3 cup coarse salt	2 tablespoons mustard seed
3 cloves whole garlic	3 cups cider vinegar

Do not pare cucumbers; slice thinly. Add onions, peppers, garlic cloves and salt. Cover with cracked ice and mix thoroughly. Let stand 3 hours. Drain thoroughly. Combine remaining ingredients and pour over cucumber mixture. Remove garlic cloves before boiling syrup. Heat just to boiling. Seal in hot, sterilized jars. Makes 8 pints.

Norma Schoenheit

Preserves

ORANGE MARMALADE

6 small or 4 large sour oranges
11 cups water
4 lbs. (8 cups) sugar

Slice fruit very thin, add water and let stand overnight. Bring to a boil and simmer for 1 1/2 hours. Let stand until the next day, then put on to boil. Add sugar and bring to a slow boil and simmer for 40 minutes or until it sheets off spoon (jelly stage) or to 218°F. on candy thermometer.

Where sour oranges are not available, substitute 4 sweet oranges and one lemon.

Sara S. Shipley

CARROT PRESERVES

2 large or 3 small sour oranges	6 cups grated carrots
or lemons	4 lbs. (8 cups) sugar
6 cups water	

Slice fruit very thin, add water and let stand overnight. Bring to a boil and simmer 1 1/2 hours. Let stand until the next day, then put on to boil. Add sugar and carrots and simmer about 40 minutes or until carrots are tender and syrup slightly thickened.

This will not be as firm as orange marmalade.

Sara S. Shipley

HOMEMADE APPLE PECTIN

4 lbs. apples, skin and cores
9 cups water

Select tart, hard ripe apples. Remove bruised spots. Cut into thin slices. Add water. Place in large enamel kettle, bring quickly to a boil. Cover and boil 20 minutes. Let drip through 4 thicknesses of cheesecloth. When juice stops dripping, press pulp lightly with spoon but do not squeeze bag. Set aside juice. Remove pulp from bag. Measure pulp and add to it an equal quantity of water. Boil again 20 minutes and strain. Pour the two extractions into a large shallow pan so that the liquid is not more than 2 inches deep. Boil rapidly 30 to 45 minutes or until liquid is one-half inch deep or measures 1 1/2 pints. If not wanted for immediate use, pour at once into hot sterilized four-ounce bottles and seal.

PRESSURE COOKING

A pressure cooker saves time, vitamins and minerals and cooking fuel. Less expensive or less tender cuts of meat can be cooked to delicious tenderness in a fraction of the time used in ordinary methods. Because of the altitude in Tehran, time can be saved preparing all the usual vegetables in this way.

DO: Use sufficient water to prevent cooker from boiling dry.

Let pressure drop of its own accord after cooking unless otherwise indicated.

DO NOT: Fill any pressure cooker more than 2/3 full.

Lay cover of cooker on stove or hot surface, as excessive heat will damage the sealing ring

Store the cooker with cover locked on; this will cause unpleasant odors.

Remove pressure regulator or attempt to remove cover until pressure is completely reduced.

Cook the following foods in a pressure cooker; they tend to clog the vent:

- Applesauce
- Barley
- Split peas
- Cereals

MEATS: May be seared in fat until crispy brown in the open cooker. Allow to cool slightly, add small amount of water over meat, seal cover and follow required cooking time.

VEGETABLES: Place on rack for cooking.

DRIED FRUITS or VEGETABLES: Cover with water, never more than 2/3 full.

BABY FOODS: Foods cooked for baby should be cooked about half again as long as time table indicates. After cooking, strain through a sieve or put in blender.

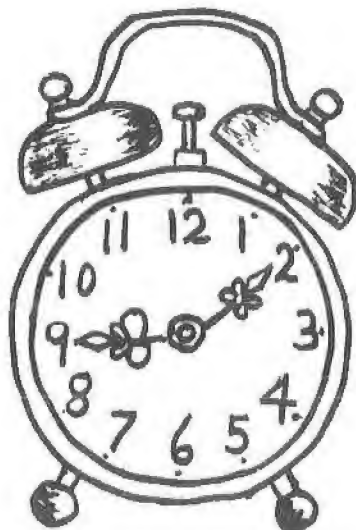


Pressure Cooking

TIME TABLE FOR PRESSURE COOKING AT 15 LBS. PRESSURE (4-qt. Cooker)

		<u>Time</u>	<u>Amount of Water</u>
Soups	Chicken	15 min.	6 cups
	Navy bean	30 min.	4 cups
	French onion	1 min.	4 cups stock
	Vegetable	20 min.	4 cups
Meats	1 kilo Swiss steak	15 min.	1 1/2 cups
	2 kilos pot roast	35 min.	1/2 cup
	1 1/2 kilos tongue	50 min.	1 cup
Combinations	*Beef stew	15 min.	1 cup
	*German potato salad	5 min.	1/3 cup
	*Spareribs & sauerkraut	15 min.	1 cup
Poultry	1 to 2 kilo whole chicken	25 min.	1/2 cup
	1 kilo fried chicken	10 min.	1/2 cup
Vegetables	*Asparagus	1 - 2 min.	1 cup
	*Green Beans	3 - 4 min.	1 cup
	*Cabbage (quartered)	3 - 4 min.	1 cup
	*Cauliflower (whole)	5 min.	1 cup
	*Carrots (whole)	5 - 6 min.	1 cup
	*Potatoes (for mashing)	10 min.	1 1/2 cups
	*Potatoes (new)	10 min.	1 cup

*To prevent overcooking of this food, cooker must be cooled immediately under the water faucet at the end of cooking time.



ENGLISH-FARSI GLOSSARY

Almond (badam)	بادام
Apricot, dried (Gheisi)	قشمی
fresh (zardalu)	زردآلو
Apple (seeb)	سیب
Artichoke, prickly (kangar)	کنگر
Asparagus (marchubeh)	مارچوبه
Baking powder (beking powder)	بکینگ پاور
Baking soda (jush-e-shirin)	جوش شیرین
Bologna (kalbas)	کالباس
Barberry (zereshk)	زرشک
Barley (joe)	جو
Bay leaf (barg-e-boo)	برگ بو
Beans, green (lubia sabz)	لوبیا سبز
kidney (lubia sorx)	لوبیا سرخ
broad (baghali)	باقالی
Beef (gusht-e-gav)	گوشت گاو
Beets (labu-chogondar)	لبو، چغندر
Bread (noon)	نان
(barbary)	بربری
(lavash)	لواش
(sangak)	سنگک
(toftoon)	تافتون
Butter (kareh)	کره
Cabbage (kalam)	کلم
Candy (bonbon-shirini)	شیرینی، بن، بن
(caramel)	کارامل
Cantalope-type melon (talebi)	طالبی
Cardamom (hel)	هل
Carrots (havi:j)	هویج
Cauliflower (gol kalam)	گل کلم
Celery (karafs)	کرفس

ENGLISH-FARSI GLOSSARY (continued)

Cheese (panir)	پنیر
Cherries, sweet (gilas) sour (albalu)	گیلاس آلبالو
Chocolate (shokolat)	شوکولات
Chicken, fryer (jujeh) hen (morgh)	جوجه مرغ
Chives (piazchek)	پیازچه
Cinnamon (darchin)	دارچین
Cloves (mikhak)	میخک
Coffee (gahveh)	قهوه
Cocoa (kakao)	کاکائو
Coconut (nargil)	نارگیل
Cookie (biskvit)	بیسکویت
Coriander (geshniz)	گشنیز
Corn (balal)	بالال
Cream of tartar	کرم تارتار
Cucumber (khlar)	خیار
Cumin seed (zireh)	زیره
Dates (khorma)	خرما
Dill (shevit)	شویت
Egg (tokhm-e-morgh)	تخم مرغ
Eggplant (bademjan)	بادمجان
Fig (anjir)	انجیر
Fenugreek (shambalileh)	شنبلیله
Fish (mahi)	ماهی
Flour (ard)	آرد
Garlic (seer)	سیر
Gelatin (jelch)	ژله
Ginger (zanjebil)	زنجبیل
Grape (angur)	انگور

ENGLISH-FARSI GLOSSARY (continued)

Grape molasses (shireh)	شیره
Grapefruit (porteqal-e-emrikai)	پرتقال امریکائی
Hazel nuts (fandogh)	فندق
Ham (jambon)	ژانبون
Honey (asal)	عسل
Hot dogs (saucisse)	سوسیس
Jello (larzanak)	لرزانهک
Jam (moraba)	مرہا
Ketchup (sos-e-gowjeh)	سوس گوجه
Lamb (gusht-e-gusfand)	گوشت گوسفند
Leeks (tareh farangi)	تره فرنگی
Lemon (leemu)	لیمو
Lentils (adas)	عدس
Lettuce (kahu)	کاهو
Liver (jigar)	جیگر
Mayonnaise (mayonez)	مایونیز
Macaroni (makaroni)	ماکارونی
Melon (kharbuzeh)	خرمزه
Milk (sheer)	شیر
Mint (naana)	نعنا
Mushrooms (garch)	قارچ
Mustard (khardel)	خردل
Nectarine (shalil)	شلیل
Nuts (ajil)	آجیل
Nutmeg (jowz-e-hendi)	جوز هندی
Noodles (reshteh)	رشته
Oatmeal (balghoor-e-jow)	بلغورجو
Oil, cooking (rowgan)	روغن
Okra (bamfieh)	بامیه

ENGLISH-FARSI GLOSSARY (continued)

Olive (zeitun)	زیتون
Oregano (mazoo - baloot)	مازو، بلوط
Onion (piaz)	پیاز
Orange, sweet (portagal) sour (narenj)	پرتقال نارنج
Parsley (jaffari)	جعفری
Peas (noxod farangi) Black-eyed (cheshm-e-bolboli)	نخود فرنگی چشم بلبلی
Paprika (felfel-e-germez)	فلفل قرمز
Peach (holu)	هلو
Peanut (badam-zamini)	بادام زمینی
Pear (golabi)	گلابی
Pepper (felfel)	فلفل
Persimmon (khormaloo)	خرمالو
Pickles (torshi)	ترشی
Pistachio nuts (pesteh)	پسته
Plum (alu) (gowjeh)	آلو گوجه
Pomegranate (anar)	انار
Popcorn (zorat)	زرت
Potato (seeb-zamini)	سیب زمینی
Pumpkin (kadoo)	کدو حلوائی
Quince (beh)	به
Radish (torobcheh)	ترچه
Raisin (keshmesh)	کشمش
Rhubarb (rivas)	ریواس
Rice (berenj)	برنج
Saffron (zafaron)	زعفران
Rosemary (eklil-e-kuhi)	اکلیل کوهی
Salt (namak)	نمک

ENGLISH-FARSI GLOSSARY (continued)

Seeds, sesame (konjed)	دانه کنجد
squash (kadoo)	کدو
sunflower (oftab gardon)	آفتاب گردان
watermelon (hende vaneh)	هندوانه
Shrimp (meigu)	میگو
Spaghetti (spageti)	اسپاگتی
Spinach (esfenaj)	اسفناج
Soup (soop)	سوپ
Stew (ash)	آش
Strawberry (tut-e-farangi)	توت فرنگی
Sugar (shekar)	شکر
Squash (kadoo)	کدو
Tangerine (narengi)	نارنگی
Tea (chai)	چای
Thyme (avisheh)	اویشه
Tomatoes (gowjeh farangi)	گوجه فرنگی
Tomato paste (rob-e-gowjeh farangi)	رب گوجه
Turmeric (zardchubeh)	زرد چوبه
Tuna fish (mahi-e-tuna)	ماهی تونا
Turkey (booghalamoon)	بوقلمون
Turnip (shalgam)	شلغم
Vanilla (vaneel)	وانیل
Veal (gusht-e-gusaleh)	گوشت گوساله
Vinegar (serkeh)	سرکه
Walnut (gerdu)	گردو
Watermelon (hende eh)	هندوانه
Wheat (gandom)	گندم
Yeast (khamir mateh)	خمیرمایه
Yoghurt (mast)	ماست

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*(MM) after a recipe indicates that it is made from a Master Mix, either Master Biscuit Mix or Master Cake Mix.

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ADDENDUM

APPETIZERS

Cheese and mushroom canapes
Ruby red franks

BEVERAGES

Turkish coffee
Horseradish bloody mary

CONFECTIONS

Quick fudge
Heidestand

CAKES

Oatmeal coconut cake
Fig preserve cake
Cardamon cake
Heavenly cheese cake
Cheesecake

COOKIES

Banana Bars
Apricot Bars
Pumpkin Bars
Non roll sugar cookies
Raisin Bars
Oatmeal Cake Bars

PIE and PUDDINGS

Fallsafe Piecrust
Swedish cream Pudding
Lemon Dessert

YEAST BREAD

Parker House Rolls
Pocket Bread — Flaffel
Zuchini Bread

SIDE DISHES

Kisotto Allamilanese
Stuffing Balls

SALADS

Lime Delight Salad
Cottage Cheese Salad
Caviar Saladmold
Western Bluecheese Salad Dressing
Mayfair Salad Dressing
Horseradish Mold
Molded Tuna Salad

SAUCES

Sauce Bolognese
Barbecue Sauce (Charcoal cooking)

Barbecue Sauce for Oven Spareribs
Regular Barbecue Sauce
Chill Sauce

CHICKEN

Country Captain Chicken
Scalloped Chicken
Chicken Fonda

POULTRY AND EGGS

Chicken Breasts in Wine
Bacon and Cheese Oven Omelet

SEAFOOD

Hot Crab or Tuna Open-Faced Sandwiches
Shrimp Creole
Chinese Cod
Shrimp DeJohne

CASSEROLE

Company Tuna Bake
Sunday Night Shrimp Casserole
Chicken Casserole for a Crowd

BEEF

Beef Stroganoff
Beef Stroganov

GROUND BEEF

Mexican Casserole
Chill Meat Loaf
Burger Steak Creole
Mandalay Beef Casserole
Surprise Meat Loaf
Spoon Overs

VEGETABLES

Zucchini Creole
Summer Squash Casserole
Carrot Ring
Peas Ptoleny
Spinach Souffle
Pennsylvania Dutch Style Green Beans
Golden Crumb Broccoli Casserole
Broccoli Casserole
Potatoes A La Fife
Carrots Vichy
Easy Baked Beans
Eggplant Puffs
Spinach Souffle
Green Bean Casserole

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BITTER BALLEEN
(Meatball appetizers from Holland)

250 Grams (approx. $\frac{1}{2}$ lb.) finely chopped cooked meat.	salt & pepper to taste
1 pint bouillon with thyme, 1 bay leaf, carrots & pepper added to it. When done, strain.	10 Grams (1 envelope) un- flavored gelatin
70 Grams flour ($2\frac{1}{2}$ oz.)	1 onion finely chopped
70 Grams butter ($2\frac{1}{2}$ oz.)	lemon juice (optional)
Worcestershire sauce	parsley
	enough eggs to dip meat balls in fine bread crumbs

Fry onions in melted butter until golden. Add flour and stir until absorbed. Add strained bouillon bit by bit until mixture is thick. Stir and bring to boil as you add bouillon. Makes a thick white sauce. Add meat, parsley, lemon juice, worcestershire, and salt & pepper to taste. Dissolve gelatin in a little water over low flame. Strain and add to sauce. Put into flat dish and let cool.

Beat eggs lightly with a little water. Put bread crumbs on flat dish. Cut cold sauce into 1 inch squares and roll into balls. Roll each ball lightly in bread crumbs, then in egg, then in bread crumbs again. Fry in hot oil until golden brown. If you like it spicy, add curry or tabasco.

Lennie Pols
Tasters Luncheon

BLINI

Crepes

6 eggs	
1 cup milk	Mix well till smooth.
1 cup flour	Fry crepes one by one.
1 tsp salt	
3 tbsp. vegetable oil	

Stuffing

$\frac{1}{2}$ kilo ground beef
1 cup chopped parsley
2 tbsp oil
2 medium onions chopped
3 tbsp tomato paste
5 chopped chili peppers
1 cup water

Fry onions with 2 Tbsp. oil till golden. Add the meat and fry five minutes more. Add 1 cup water, tomato paste, chopped peppers and cook until the water is gone. Add chopped parsley and cook for five minutes more. Roll one spoon of stuffing in each crepe and then fry in oil or put in the oven (350°F) for 30 minutes.

Giti Yasher
International Cooking Class

CHEESE PUFFS

2 parts of Iranian goats cheese
1 part Akhavan Cheese (pinkish coating)
2 Tablespoons parsley
Puff Pastry (LOHD'S- just down from church on Villa)

Mix cheeses and parsley together. Roll out dough and cut with top of a cup. Stuff rounds. Fry in oil. If bake first, brush with egg and bake for 15-20 minutes in 350° oven.

Note: Puff Pastry - Buy 2 kilos. Make into 4 packages and freeze.

Betty Balassian
International Cooking Class

CHEESE STRAWS

1 lb. Sharp cheese - grated	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{4}$ lb. Butter	$\frac{1}{2}$ to 1 tsp. red pepper
1 teaspoon Paprika	2 cups flour

Mix all ingredients. Roll thin and cut into narrow strips.
Bake at 375° for 10-12 minutes.

Jacqui Lewis
Liberty Belles Luncheons

DIP FOR FRESH VEGETABLES

8 oz. cream cheese	$\frac{1}{2}$ cup mayonnaise
4 green onions chopped	2 teaspoons dill
2 teaspoons parsley	

Blend all and chill - Serve with carrots, celery, peppers, cucumbers, cauliflower or serve with crackers.

Marcia Miller Schirazi

EGGPLANT DIP

1 large Eggplant, peeled	$\frac{1}{3}$ cup chopped parsley
2 medium onions	$\frac{1}{4}$ cup olive oil
1 large green pepper	1 teaspoon salt
1 clove garlic	$\frac{1}{8}$ teaspoon freshley ground
1 tablespoon Worcestershire Sauce	pepper
1 cup plain mast (yogurt)	$\frac{1}{2}$ of a 6 oz. can of tomato
2 tablespoons lemon juice	paste

Chop finely: eggplant, onions, green pepper, garlic, parsley. Heat olive oil in large skillet. Add vegetables and saute over medium heat until translucent. Stir occasionally to keep vegetables from sticking.

(turn)

EGGPLANT DIP (continued)

Lower heat and cook until vegetables are tender, stirring occasionally. Cool to lukewarm. Stir in remaining ingredients. Chill and store in refrigerator until ready to serve. Makes one quart.

Jacqui Lewis
Liberty Belles Luncheons

HOMMUS (Dip)

1 cup chick peas
1 cup sesame seed oil (Shahin on Shah Reza Ave.)
Fresh Garlic - 1 clove or garlic powder
Lemon Juice - $\frac{3}{4}$ cup
Water

Soak Chick Peas for 12 hours. Then boil until tender (or canned chick peas can be used). Put chick peas in a blender with a little lemon juice and salt. Blend until mashed. Mix garlic with Sesame Seed Oil, add lemon juice (it will look curdled). Add water until you have a thin pancake consistency. Mix together with mashed chick peas.

In place of chick peas eggplant may be used. Roast it over gas. Then chop it well and add to Sesame Seed Oil mixture. Serve in big dish and decorate top with radishes, olives, pickles and chopped parsley. Pour some olive oil on top if desired.

Betty Balassian
International Cooking Class

LIVERWURST DIP

$\frac{1}{2}$ lb. liverwurst mashed
1 cup sour cream
2 teaspoons grated onion
 $1\frac{1}{2}$ tablespoons dill pickle, chopped
1 teaspoon prepared mustard
dash pepper
parsley sprigs

Combine first six ingredients.
Cover and chill.
Garnish with parsley.
Makes $2\frac{1}{2}$ cups.

Marcia Miller Schirazi

BARLEY SOUP

1 cup Barley (soak in salted water for one hour)
2 eggs
 $\frac{1}{4}$ cup lemon juice (fresh or bottled)
100 grams of heavy cream
1 beef bone (galam gav)
1 Tbls. whole black peppers
4 bay leaves
1 onion
4 Tblsp. flour
100 grams butter

(turn)

BARLEY SOUP (continued)

Put bone, pepper, whole onion, bay leaves with 12 cups of water and some salt in pressure cooker for $1\frac{1}{2}$ hours, or until bone is soft. STRAIN THE SOUP. Mix butter which is melted and add some flour. Put into soup. Add barley with the water. Cook for about $\frac{3}{4}$ hour until barley is soft. Beat lemon juice, 2 eggs and 100 grams of cream. Add some of the soup to this mixture, beat. Then add all mixture to soup and serve.

Marcia Miller Schirazi

BORSCH

1 beef soup bone	1 kilo tomatoes juiced
4 bay leaves	100 grams butter
1 Tblsp. Black whole peppercorns	4 Tblsp. flour
300 grams carrots (10 small, or 5 large)	$\frac{1}{2}$ kilo onions (3)
400 grams beets (2 medium beets)	12 cups water
1 kilo cabbage	150 grams cream
	little joharee lemoo

Boil bone, bay leaves, peppercorns, 1 tblsp. salt and 12 cups of water for $1\frac{1}{2}$ hours. Strain soup. Remove marrow and add it to soup. Melt butter and fry onions until almost golden. Put in 4 tblsp. flour. Add the soup. Halve the beets; carrots cut into long strips. Add to soup. After 20 minutes, add the potatoes and cabbage with the tomato juice. Also add joharee lemoo and stir until dissolved. Cook soup until you have a medium thickness. Beat cream in bowl with the little soup. Add it to the soup pot. Serve with parsley.

Marcia Miller Schirazi

TOMATO SOUP

1 beef bone	2 kilos tomatoes, juiced
1 onion	100 grams butter
4 bay leaves	4 Tblsp. flour
1 Tbls. whole black peppercorns	100 grams rice (optional or
12 cups water	add noodles at end)
100 grams cream	2 Tblsp. parsley

1 bone, bay leaves, peppercorns, onion, 1 Tblsp. salt, 12 cups water and cook for $1\frac{1}{2}$ hours. Cook 20 minutes without cover to evaporate some of the water. Strain soup. Melt butter with 4 Tblsp. of flour. Add to soup and the juice of the tomatoes. Add noodles before serving. Mix a bit of soup with the cream in a bowl and pour all of it in the soup pot. When serving put chopped parsley on top.

Marcia Miller Schirazi

TURKISH BEAN SALAD

4 Tbsp. olive or salad oil	$\frac{1}{4}$ cup chopped fresh mint leaves
4 Tbsp. lemon juice	1 large onion, cut in half & then sliced thin
1 Tbsp. vinegar	1 tomato sliced in thin wedges
salt & black pepper, to taste	1 green pepper sliced
3 cups cooked, drained white beans	8 or more black olives
$\frac{1}{4}$ cup chopped parsley	2 hard-boiled eggs, quartered
$\frac{1}{4}$ cup chopped dill	

In a large salad bowl put oil, lemon juice, vinegar, salt & pepper and blend thoroughly. Add the drained beans and mix well. Sprinkle parsley, dill, mint and onion slices over the mixture. Garnish with tomatoes, green pepper, black olives and quartered eggs. This is a light luncheon dish for summer. Serves 4 - 6.

Rose Wilderom
International Cooking Class

BEEF SALAD

$\frac{1}{2}$ kilo beef filet	mint, 2 - 3 sprigs
3 - 4 cucumbers	2 sticks celery
2 head lettuces	2 - 3 green onions
(or any type lettuce available)	2 - 3 sprigs coriander (chinese parsley) or parsley
1 head onion	3 fresh limes or lemons
2 gloves garlic or garlic powder	
$\frac{1}{3}$ cup Maggi Sauce	
$\frac{1}{4}$ teaspoon each, salt & pepper	

Clean the vegetables, (lettuce, green onions, celery, cucumbers, parsley, onions) and cut up for salad. Arrange in the salad bowl and put in the refrigerator until ready to use. (You can add some tomatoes if you like.) Clean the beef filet and try to take out fibre and fat but do not cut up the beef too much. Put the filet directly under the grill and broil on both sides. (Try to catch the drippings in a bowl or plate.) When the beef looks well done outside, take out and cut up into strips of about an inch long by $\frac{1}{2}$ inch. The beef will be medium rare inside. Put them in the bowl with the drippings. Cut the lime and squeeze the juice on the beef. Mix in crushed garlic or garlic powder, maggi sauce, salt, pepper and mint leaves. Pour on top of vegetable salad, toss well and serve cold in individual plate.

In Thailand this is a very popular plate. Serve in the summer as an appetizer. The Thais love hot food and we have a very hot little pepper which we crush with garlic and add to the sauce. It gives a real spicy taste to the salad. I use Maggi Sauce as a substitute for "Fish sauce" which has a similar taste but does not have a fishy smell.

Serves 6 - 8.

Yum Nua
International Cooking Class

DRIED FAVA BEAN SALAD (Turkish Recipe)

1½ cups shelled dry fava beans	2 Tblsp. salad oil
1 large onion (2 medium) quartered	1 Tblsp. sour cream
2 quarts water	1 bunch scallions, chopped
1 teaspoon sugar	2 Tblsp. each chopped dill & parsley
Salt to taste	Few black olives
2 Tblsp. lemon juice	6 - 8 radishes

Soak beans overnight in cold water. The next day wash and put them in a 3-4 quart saucepan with the onion and 2 quarts of cold water. Cook until beans can be mashed easily, stirring occasionally to prevent scorching. Add more water if necessary. When beans are well cooked and all the water is absorbed, remove from heat; add sugar, salt, lemon juice, salad oil and the sour cream. Mash with a potato masher or put through a food mill until they reach the consistency of mashed potatoes. Transfer to flat serving dish, smooth the top and allow to cool. Garnish with scallions, dill, parsley, olives and radishes. When chilled, can be cut in diamonds or squares for easier serving. Serve additional lemon juice and oil mixture with the salad. Serves 6 - 9.

This can be used as a salad or side dish all year round.

Rose Wilderom
International Cooking Class

SHEPHERD'S SALAD (Turkish Recipe)
Coban Salstase

1 green pepper, seeded & sliced thin	If desired: ¼ head lettuce,
1 medium cucumber, peeled & sliced	sliced thin
1 tomato, thin sliced	3-4 leaves romaine, sliced
2 scallions with greens, thin sliced	2 Tblsp. each chopped parsley,
½ to ¾ cup olives	dill and mint
½ cup lemon sauce with 1 Tblsp. vinegar	2 radishes, thin sliced
	½ cup crumbled feta cheese

Lemon Sauce:

¼ cup olive oil	salt & pepper to taste
5 Tblsp. lemon juice	½ cup chopped parsley, optional

Put all ingredients, except parsley in a bowl and beat with rotary beater.

Put all ingredients in a bowl. Mix well, add the sauce, toss well and serve. Serves 3 - 4.

Very good with all meats and fish - especially broiled fish.

Rose Wilderom
International Cooking Class

TABULEE (Lebanese Salad)

Chopped parsley as much as you please
Chopped Scallions or Onions as much as you please
2 Tablespoons Mint (not more - it makes salad bitter)
2 medium chopped tomatoes
 $\frac{1}{2}$ cup Bulghur (cracked wheat) (Manucheri Ave. across from Sina)
Lemon Juice
Olive Oil
Salt

Mix all together.

Betty Balassian
International Cooking Class

FRENCH DRESSING

1 Cup salad oil
 $\frac{1}{2}$ Cup catsup
 $\frac{1}{3}$ Cup vinegar (white)
 $\frac{1}{3}$ Cup honey
1 Teaspoon salt
 $\frac{1}{4}$ clove of garlic
One half of a thin slice of onion

Blend and chill.

Jacqui Lewis
Liberty Belles Luncheons

ANGEL BISCUITS (Southeast USA receipe)
Riz Biscuits

5 cups flour	1 tsp. soda
2 tsp. baking powder	2 Tbsp. sugar
2 tsp. salt	1 Tbsp. dry yeast
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ cup warm water
1 cup mast (yogurt)	1 cup water (about)

Cut shortening into dry ingredients. Dissolve yeast in warm water, mix with mast and water. Mix liquids with dry ingredients to form soft dough. Store in refrigerator several hours or overnight. Roll out and cut. Place in greased muffin pans or on greased cookie sheet, oil top of each biscuit. Let rise about 1 hour. Bake at 400°F. Remove some at brown-and-serve stage for freezing as it both freezes and warms over without losing any any of its goodness.

This adaptation is for Tehran use. Down home we use 1 $\frac{3}{4}$ cup buttermilk instead of mast and water.

Sara S. Shipley

BANANA BREAD

1/3 cup shortening	$\frac{1}{2}$ teaspoon salt
2/3 cup sugar	1 $\frac{1}{4}$ teaspoon soda
2 eggs	1 cup very ripe bananas
1 $\frac{3}{4}$ cup flour	

Mix all ingredients in large bowl until well blended. Bake at 350°F. in well greased bread pan until brown and firm, about 45 minutes.

Marge Nystrom
Liberty Belles Luncheons

DATE NUT BREAD

8 ounces pitted dates	1 teaspoon salt
3 tablespoons butter	3/4 cup sugar
1 cup boiling water	cup chopped nuts
2 cups flour	1 egg
1 teaspoon baking powder	1 teaspoon vanilla
1 teaspoon soda	

Put the dates in a mixing bowl. Add 3 tablespoons of butter and 1 cup of boiling water. Let stand for 20 minutes. Puree in a blender or mash with a fork.

Meanwhile, pre-heat the oven to 350° if the loaf pan is metal, 325° if it is glass. Grease an 8½ x 5½ inch loaf pan. Sift together 2 cups of flour, 1 teaspoon of baking powder, 1 teaspoon of soda, 1 teaspoon of salt and 3/4 cup of sugar. (Chop, in blender, enough nuts to make 1 cup and mix with the dry ingredients.) Beat 1 egg until light and fluffy. Beat in 1 teaspoon of vanilla. Add the dates and mix well in blender. Then add the dry ingredients and nuts and mix just until all the flour is dampened. Place in the prepared pan and smooth the top. Let sit 10-15 minutes before placing in oven. Bake for 50-60 minutes, until the bread starts to shrink from the sides of the pan, and a toothpick inserted in the center comes out clean. Let stand for about 10 minutes, then turn out of the pan and place on a cake rack. Let stand until cold before cutting. Keep it wrapped loosely in foil or waxed paper. Makes 1 large loaf.

A GLASS bread dish..gets browner on top.

Bread will crack on top
Will keep for 2-3 weeks.

Marcia Miller Schirazi

BEEF BOURGUIGNON

3 lbs. top round or chuck	$\frac{1}{4}$ tsp. pepper
1 onion	1 small carrot, chopped
1 bay leaf	1 clove garlic
4 sprigs parsley	3 tbsps. butter
$\frac{1}{4}$ tsp. thyme	1 tbsps. flour
2 Tbsp. salad oil	$\frac{1}{2}$ cup consomme (1 cube/water)
$\frac{1}{2}$ -1 tsp. salt	$\frac{1}{4}$ lb. salt pork, diced (optional)
2-3 cups dry red wine (claret)	1 cup or 18 oz. can mushrooms, sliced
24 small white onions	

Cut meat into bite size cubes, put in deep bowl with sliced onion, wine, thyme, bay leaf, oil, salt and pepper, carrot and garlic. Let it marinate for four hours, turning occasionally.

Remove meat and pat dry on paper towels. Strain marinade and set aside.

Using a heavy, deep saucepan, heat 2 tablespoons butter, add meat and brown well. Add flour and cook on low for 3 minutes, stirring constantly.

Add consomme and marinade. Bring to simmer in a small pan, melt 1 tbsps. butter, add pork and onions (whole), cook over medium flame for about 10 minutes or until pork and onions are golden brown. Add to meat mixture, add mushrooms and bring to boil; cover well and simmer for 45 minutes, or until meat is fork tender. Serves 6 - 8.

Great over noodles, with chilled chablis.

Can be re-heated or kept hot over flame or in chafing dish for buffet.

Betty Fulton

GORMEH SABZI

1 kilo rice

$1\frac{1}{2}$ kilos in equal amounts of the following:

Parsley (Jaffari), and the top of leeks (Tarreh**)

plus a little Fenugreek (Shambalileh)

(if you ask for sabzi for gormeh sabzi the grocer will give you the correct amounts of each)

1 cup kidney beans

1 kilo beef diced

salt and pepper

2 tsp. powdered lemon (lemoo almanee)

Fry meat in oil, then cover with water, and add salt and cook until meat is tender. Cook beans separately for $\frac{1}{2}$ hour, then add them to the meat. Cut greens very fine and fry. Add them to the meat and cook for another hour. Add powdered lemon and pepper.

** In the United States use the top of the leeks, since you will not find small greens which are grown in Iran. Serves 8.

Elli Nasserli, Khansalar Restaurant
Interntional Cooking Class

STEAK DIANE DIAVOLO (for one person)

30 grams chopped onions (1 tbsp.)	1/8 lt. gravy (1½ tbsp.)
80 grams diced mushrooms (2 tbsp.)	1/10 lt. cream (2 tbsp.)
10 grams. chopped parsley	1/10 lt. red wine (2 tbsp.)
1 tablespoon Arachid oil	1 shot cognac
Salt, fresh ground pepper	
salt and pepper steak	

Sautee the steak after heating 1 tablespoon of oil in a hot pan. After the steak is sauteed according to taste, remove from pan and keep warm.

Sautee the onions and mushrooms and then flambe with cognac. Add the red wine, gravy and cream and let cook for one minute. After it has cooked for one minute, taste it and add salt and pepper to taste and add parsley. Add the spices, then the steak and serve with rice.

For gravy buy beef gravy, ready made.

For one person, serve 2 small square pieces of filet steak.

Sheraton Hotel, Chef Eberl

International Cooking Class

TONGUE WITH TOMATO VINEGAR SAUCE

1 tongue	2 pieces of long cinnamon
1 spoon whole black peppercorns (TbIs)	1 spoon sugar (TbIs)
5 bay leaves	2 tbsp. vinegar
3 onions	salt, red pepper
½ kilo tomatoes juiced	2 spoons of oil (TbIs)
4 cloves	

Wash tongue well. Cook in cold water just to cover with 2 bay leaves, 1 onion and peppercorns, some salt. (Can also add 1 onion studded with 3 cloves, 1 stalk celery with leaves, 4 sprigs parsley). Cover tightly, bring to a boil, lower the heat and simmer until tender about 3½ hours. Let tongue cool in broth. When cool, slit the skin from thick end to the tip and take off skin.

Grate 2 onions and fry in 2 spoons of oil. Add the juiced tomatoes and water of tongue. Add 4 whole cloves, 1 spoon sugar, salt, red pepper, 2 pieces of long cinnamon and 3 bay leaves. Cook down.

When ready to serve remove cloves, cinnamon and bay leaves. Add 2 tbsp. vinegar. Boil once. To serve: put mashed potatoes on a plate, place sliced tongue in the middle on top of potatoes and pour sauce on top of the tongue.

Marcia Miller Schirazi

JUVETZI - GREEK FOOD

1-2 cups of round macaroni	150 grams tomato paste (4½-5 oz.)
1 kilo lambs leg cut in 2 inch pieces	¾ liters of water
4 tomatoes cut in small pieces	150 grams butter
1 big onion cut in small pieces	1 tsp rosemary leaves
1 big onion for frying, sliced	1 tsp salt
	1 tsp pepper

Cut meat in 2 inch pieces. Put butter in pan and fry onions first. After onions are well fried..add the meat and fry well. Then add the tomato paste and mix well. Add salt and pepper. Now add ¾ liter of water and let cook for 1½ hours.

After 1½ hours...add 4 chopped tomatoes, 1 chopped onion each in very small pieces, with the 1 tsp of rosemary leaves. Let cook for 15 minutes. Take juice out of pan and cook macaroni in the juice for 15 minutes.

Take casserole, place meat in it. After macaroni is cooked, pour macaroni and juice on top of meat with a little butter and place in oven for 5 minutes (400° F). Serves 5.

HILTON HOTEL CHEF
INTERNATIONAL COOKING CLASS

PORK RAGOUT

Brown in ¼ cup oil:	2 onions (sliced or chopped)
	6 pork chops

Place onion and chops in baking dish and, set aside.

Cook together:	2 cloves crushed garlic
	2 green peppers, sliced

Add and simmer 5-10 minutes:	½ cup red wine
	½ cup stock
	½ cup mushrooms, sliced
	1 bay leaf
	½ tsp chili powder
	1 tsp celery salt
	salt and pepper

Pour above over chops, cover with foil and bake 325° for 1½-2 hours.

Nancy Jacob

BAKED CHICKEN

$\frac{1}{2}$ cup flour	1 cut up chicken
$1\frac{1}{2}$ tsp salt	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ tsp paprika	$1\frac{1}{2}$ cups hot water
$\frac{1}{4}$ tsp pepper	$\frac{1}{2}$ cup non fat dry milk powder

Dip chicken into water. Coat with mixture of flour and seasonings. Put skin side down in 13 x 9 x 2 inch baking pan. Dot with butter. Bake at 350°F for 30 minutes. Mix water, milk powder. Pour around chicken. Bake $1\frac{1}{4}$ hours more, or until chicken is tender.

Marcia Miller Schirazi

CHICKEN COSTA BRAVA

2 lb. chicken (fryer), cut in small pieces	$\frac{1}{2}$ cup olive oil
4 oz. chunk bacon, cut in small cubes	fresh parsley chopped
3 bell peppers, chopped	4 fresh tomatoes, chopped
1 large onion finely chopped	salt and pepper

In deep pan, fry chicken in olive oil until about half done. Add bacon cubes and fry until bacon is almost done. Add onions, bell peppers, parsley and tomatoes and continue to fry until chicken is almost done. Add cup of water. Cover and simmer for last 10 minutes. Salt and pepper of taste.

Daria Bonaker
International Cooking Class

FESENJAN

$1\frac{1}{3}$ kilo walnuts
1 chicken, or duck or $\frac{1}{2}$ kilo lamb or stew meat
2 cups pomegranate juice
1 cup dried plums (aloo)
3 tablespoons shortening
2 onions

Note: If you are unable to get pomegranate juice, use this alternate sauce: 3 tbl. tomato paste, $\frac{1}{2}$ cup sour grape juice or $1\frac{1}{3}$ cup vinegar, $\frac{1}{2}$ cup sugar. Half this sauce recipe if you are using dried plums.

Clean duck, chicken or meat. Cover with water in a saucepan and cook on slow heat until done. Chicken cooks very quickly, so needs only a few minutes cooking time.

Grind nuts and one onion in a meat grinder or blender until very finely ground. Fry one onion in a pan with shortening. Add nuts, fry and stir constantly to prevent burning - about 10 minutes or before nuts turn dark. Add this to cooked meat with its water. Simmer $\frac{1}{2}$ hour.

Add pomegranate juice (or alternate sauce) and plums. Simmer another $\frac{1}{2}$ hour. If sauce turns dry, add a little boiling water. Serve with plain rice.

Shayesteh Shoukouinejat
International Cooking Class

FESENJAN FARENGEE

(Chicken with Grapes & Fresh Walnuts)

1 chicken	1 cup water
25 fresh walnuts (peel skin, leave whole)	2 tbsps. oil
1½ kilos green seedless grapes, (angur askaree)	½ kilo rice,
(½ make grape juice in food mill)	cooked kateh style,
6 spoons sugar carmelized	(with salt & oil)

Clean chicken. Cut into 8 pieces. Fry well in oil. In another pan, put 6 spoons of sugar and over fire let it carmelize. Add 1 cup of water to it after it is carmelized. Pour this into chicken with ½ of the grapes which you have made into grape juice. Cook until water is all gone. Put in whole grapes and walnuts and cook 10 minutes longer. Serve with rice.

Marcia Miller Schirazi

JOUEH KEBAB

2 chickens (1 kilo 200 grams each)

Marinade: for each chicken use -

- 1 large onion juiced (put in machine or through cloth)
- 2 large lemons, juiced
- 1 tsp. salt
- 1 tsp. white pepper

Can either make boneless chicken or with bones.

Make marinade for each chicken the day before and let chicken pieces soak in the refrigerator. Cook over charcoals for 15 minutes. Brush with butter and marinade.

Serve on a platter with chicken in the center - one grilled tomato on side, chopped onions in the middle and pickles on the other side. On the other side of chicken - serve with rice or french fries.

Boneless chicken: 16 pieces (Get large chickens)

Leg & thigh: 4 pieces 16 pieces.

Breast: 4 pieces Cut by small bones and pull off.

With bones: GET SMALL CHICKENS, 400 grams.

Legs: 2 pieces

Breast: 2 pieces

Place on a skewer so all the meat is up and bones are down.

Note: Lamb may be used instead of chicken. Marinade lamb the same but leave off the lemon juice. Add olive oil instead.

HILTON HOTEL CHEF

INTERNATIONAL COOKING CLASS

POLLO CON NARANJAS

salt and pepper	4 tablespoons olive oil
$\frac{1}{4}$ tsp cinnamon	1 onion chopped in slices
$\frac{1}{4}$ tsp ground cloves	2 tablespoons slivered almonds
4 cloves garlic, minced	$\frac{1}{4}$ cup seedless raisins
chicken, cut in pieces	$\frac{1}{4}$ teaspoons saffron powder
strained juice of 6 oranges	Chicken stock, about 1 cup
$\frac{1}{2}$ cup dry sherry	

Mix salt, pepper, cinnamon, cloves and garlic together. Rub mixture into chicken pieces on both sides. Heat oil in skillet and saute chicken until golden. Set aside. In the same oil, saute the onions and almonds, adding a little more oil if necessary. Add orange juice, stock to barley. Cover chicken, raisin, saffron, and chicken pieces. Bring to a boil, then reduce heat and cook, covered over low heat until chicken is tender, about 1 hour. 5 minutes before serving stir in sherry.

Marcia Miller Schirazi

POLYNESIAN CHICKEN

3 lb. fryer, quartered or cut up	2 tablespoons soy sauce
2 tablespoons melted butter	3 tablespoons lemon juice
salt and pepper	1 tablespoon cornstarch
1 lb. can pineapple chunks	$\frac{1}{3}$ cup sliced green onion
$\frac{1}{2}$ cup chicken stock	1 small can peas or 1 pkg. Chinese pea pods

1. Brush chicken with butter, sprinkle with salt and pepper. Arrange skin side down in a shallow baking pan. Bake 10 minutes in a 450 oven or until just tinged with brown. Turn skin side up and bake 10 minutes more.
2. Meanwhile, stir together syrup drained from pineapple can, stock, soy sauce, lemon juice and cornstarch. Pour over chicken, cover and continue baking 20-25 minutes or until tender.
3. Uncover and add pineapple chunks, green onions and peas. Bake 5 minutes.

Serve with rice.

Marcia Miller Schirazi

SCALLOPED CHICKEN

Stew a chicken, (4-3/4 to 5 lbs.) cover with 5 cups boiling water, 2 tsp. salt, and 1 tbl. monosodium glutamate. Cook gently until tender; about two hours. Cool in broth, then carefully remove all the skin. Put skin on a cookie sheet in a low oven, 250 degrees, until it is crisp enough to crumble easily. Drain on paper towels.

Cut all the meat from carcass in thin slices.

While chicken is cooking, remove crusts from 11 or 12 slices of stale bread and crumble with fingers. Add to the bread; 1/2 cup finely chopped onion, 1 cup finely chopped celery, 1/4 cup minced parsley, 1/4 cup melted butter, and salt and freshly ground black pepper to taste.

Grease a big shallow casserole and put in a layer of bread crumb mixture. Over this lay about 1/3 of the chicken, using scrap pieces first. Cover this with bread crumbs then another layer of chicken, more crumbs and the brown chicken skin crumbled. Now put in the rest of the chicken. Cover top with what is left of the bread crumbs and two slices stale bread cut into small squares. Sprinkle with minced parsley. The above may be done a day in advance.

About an hour before serving time, heat 2 cups chicken broth, fat removed, and 1 cup top milk to the boiling point. Pour this over the contents of casserole, dot top with butter and bake at 350 F. until hot all through. When done, should be moist and fluffy but not runny. More liquid may be added if needed. After it is finished, casserole can stand in a barely turned on oven for quite a long time with no harm done. Serve in casserole in which it is cooked.

Susan Bennett
Tasters Luncheon

SHIREEN POLO (For ten)

1/2 kilo carrots	2 small or 1 large chicken
3/4 cup sugar	4 cups rice
peel of 3 oranges	1/2 cup oil
1/2 cup slivered pistachio nuts	pinch of saffron
1/2 cup slivered almonds	salt to taste
2 onions	

Cleaned and washed rice may be soaked overnight with warm water and 1 cup of salt. Rock salt may be used but must be put in cloth covering to prevent salt chips from remaining in the rice.

Boil whole chicken with 1 onion and some salt. After it is cooked, cut into smaller pieces and set aside while preparing other ingredients.

If using fresh orange peel, cut half of the white part off. Cut peel into long narrow strips. Boil 3 cups of water and put orange peel in for several minutes. Rinse. Boil water again and repeat this process 3 times to take bitterness out of the peel.

(turn)

Shireen Polo (continued)

Peel and wash carrots and cut into long narrow strips. Fry chopped onion in 1 tablespoon oil and add carrots, fry for several minutes. Add drained orange peel, sugar, 1 cup water and simmer until carrot is tender. Add nuts and then saffron which has been crushed and mixed with a spoon of water. Set aside a small amount of this mixture to decorate the top of the finished rice.

Rinse the salt water from the rice. Fill a large pot $\frac{3}{4}$ with water and bring to boil. Add rice and let boil until rice is partially done. Taste to test. Drain rice in large colander. Rinse 2 cups of cold water through rice. In same pot, boil 1 cup of water and $\frac{1}{2}$ cup of shortening, reserve half of this to sprinkle on top of rice. Put in alternate layers of rice and orange mixture. Cover and cook until steam begins to rise (5 or 10 minutes). Pour rest of reserved liquid over top of rice. Wrap cloth around pot lid, cover and cook on low fire about 1 hour.

When rice is done, set pot in some water to loosen 'tadeegh' (the crust at the bottom of the pot). This can be lifted out with a strong spoon or rice server. Mound rice on large platter and decorate with orange mixture and tadeegh. Serves 10.

S. Shoukouinejat - International Cooking Class

CHICKEN TANDOORI

1 kilo chicken- skinned
1 tablespoon chili powder
1 teaspoon pepper
 $\frac{1}{2}$ teaspoon garlic
2 tablespoons vinegar

Mix the following together:
 $\frac{1}{2}$ teaspoon red food coloring
1 teaspoon salt
1 teaspoon curry powder
500 grams yogurt

Marinate chicken in the above mixture for 24 hours. Then charcoal broil.

MAHAJARA RESTAURANT
International Cooking Class

CHICKEN TARRAGON

2 tsp. seasoned salt
Dash paprika
 $\frac{1}{4}$ cup water
3 onions, sliced
3 tsp. dried tarragon, crushed between finers
1 chicken, cut into pieces

$\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup white wine
1 cup mushrooms

Combine salt, pepper and paprika. Sprinkle over chicken pieces. Brown chicken slowly in butter; remove from pan. In pan, cook onion until tender. Add water, wine, mushrooms and tarragon and stir well. Put chicken back into pan and spoon over chicken. Cover and simmer one hour. Let cool, then remove bones and shred meat. Add to onion-tarragon mixture. Serve over rice.

Jean Howard
Liberty Belles Luncheons

ZERESHK POLO
(red currants with chicken)

1 kilo rice
2 cups red currants
1 cup black raisins
1 large chicken- cut up
2 ~~teaspoons~~ saffron

1 kilo Namak Sang for soaking rice.

Wash rice 3 times or until it is clean. Place namak sang in a piece of material or a bag, and place with the rice with water to cover for at least 4 hours. Cook chicken with salt, an onion and water to cover until it is cooked and all the water is evaporated.

Fry currants and raisins in oil for 3 minutes with $\frac{1}{2}$ of the saffron.

Boil water in a big pot.

Put rice in boiling water until rice is still a bit firm, about 8 minutes.

Drain rice.

Put oil in large casserole and make it very hot.

(Either put lavash or taftoon on the bottom to make a tadeek; if you use taftoon, more oil is needed.)

Put $\frac{1}{2}$ of the rice in the casserole.

Then the cooked chicken.

Then the currants and raisins.

Then the rest of the rice on top and some oil on top that is from chicken.

Bake in 350⁰F. oven for 30-40 minutes. Before serving, put a little of the rice in a bowl and mix with melted butter and the rest of the saffron.

Decorate the top of the rice with this rice mixture, and serve.

Serves 8.

Elli Nasserli - Khansalar Restaurant
International Cooking Class

BOILED SHRIMP

This method of cleaning and cooking shrimp has never failed. I always receive compliments on the shrimp whether I serve it as an hors d'oeuvre with cocktail sauce, or use it in creamed/curried main courses.

1 kilo green (fresh) shrimp
Cut off tails, legs, remove shells. Then de-vein.

Into large boiling pot add:

1 quart or more water	$\frac{1}{2}$ stalk celery <u>or</u>
6 peppercorn balls	1 teaspoon celery seed
1 bay leaf	1 Tablespoon Lemon juice
1 Tablespoon salt	

Bring to boil, add cleaned shrimp and bring to boiling point, then simmer 5 minutes, with cover on pot. Remove from heat and let cool in own water. When cool, rinse in cold water, drain and refrigerate.

PICKLED SHRIMP

Prepare shrimp as above.

$1\frac{1}{4}$ cups salad oil	$2\frac{1}{2}$ Tablespoons capers & juice
$\frac{3}{4}$ cups white vinegar	$2\frac{1}{2}$ teaspoons celery seed
$1\frac{1}{2}$ teaspoon salt	dash Tabasco sauce

Mix well. Pour over shrimp. Cover, chill. Pickled Shrimp will keep at least one week in the refrigerator.

Marilyn Schlup
Liberty Belles Luncheons

SHRIMP CREOLE A LA RESTAURANT EPICURE

To make sauce, take two large green peppers and chop into small pieces, two large onions chopped finely, and three large tomatoes skinned and chopped. Saute in 75 grams of butter, season with salt and pepper. Add one bottle of ketchup, two cups bouillon and simmer until thickened.

To three liters of boiling water add two tablespoons salt, one lemon cut into slices, and two bay leaves. Add one kilo shrimp (approx. 70 shrimp) and cook for two minutes, add to sauce. Serves 10 people.

EPICURE RESTAURANT
INTERNATIONAL COOKING CLASS

SHRIMP WITH FETA AND DILL

$\frac{1}{2}$ cup chopped onion
 4 tablespoons butter
 2 cups cooked rice
 1 lb. shrimp
 1 cup loosely packed feta cheese
 $\frac{1}{2}$ tablespoons finely chopped fresh dill or
 $\frac{1}{2}$ teaspoons dried dill
 $2\frac{1}{2}$ cups tomatoes

Saute onion in butter. Spread cooked rice in a 1 pint casserole. Arrange shrimp and feta on top. Sprinkle with dill. Pour in tomatoes. Bake in 350° F oven 35 minutes or until shrimp is opaque. Less time for cooked shrimp. Serves 4.

Marcia Miller Schirazi

PEPPER SHRIMP

6 lbs. shrimp	3 lbs. butter
6 to 8 tbs. coarse black pepper	1 tsp. red pepper
1 tbs. accent	$\frac{1}{4}$ tsp. rosemary
1 tsp. paprika	$\frac{1}{4}$ tsp. thyme

Clean and wash shrimp. Drain well and salt. In saucepan melt butter and add all dry ingredients. Pre-heat oven to 375 degrees. Place shrimp in big shallow pan, or in two 9 x 13 inch pans. Pour melted butter over shrimp. Cook, turning shrimp occasionally, until done; about 20-25 minutes depending on size of shrimp. Serve with green salad and hot french bread. Serves 6 to 8.

Note: I put pepper corns in towel and crack them with hammer.

Ruby Loehndorf
Tasters Luncheon

WHITE FISH (Mahee Sefid)

This is the fresh fish from the Caspian Sea

Clean fish; salt the inside of the stomach. Take a pan and butter the bottom of it well. Place fish, stomach down, in a 400° F oven for 15 minutes. Take out of oven and remove the skin from the fish.
 MIX: 100 grams of butter, $\frac{1}{2}$ cup lemon juice, pinch of saffron,
 $\frac{1}{2}$ tsp. salt, pinch of pepper.
 Place fish in 425° oven for 30 minutes. Every 10 minutes pour $\frac{1}{3}$ of mixture over the fish.

Marcia Miller Schirazi

CANNELLONI
Makes 10 rolls

1 kilo beef (ask for raste or rhoon)
250 grams chicken
250 grams ham
2-3 sliced onions
2-3 carrots sliced

Cook everything in a very little bit of oil; just enough to coat the bottom of the pan. Put onion and carrots first. After 8 minutes add the meat with salt and pepper. After meat is cooked add $\frac{1}{4}$ of bottle of red wine. Add bay leaf to the meat and run everything through the meat grinder. Add $\frac{1}{2}$ of Bechamel Sauce to the ground meat. Keep the rest of the sauce aside.

Bechamel Sauce

1 quart milk
100 grams butter
150 grams flour

Boil the milk. In another pan warm butter, add flour to the melted butter. Then pour butter and flour mixture into the milk slowly and keep whisking so there are no lumps. Add salt and pepper.

Tomato Sauce

$\frac{1}{2}$ kilo tomatoes.. Wash and cook until half cooked; add salt and pepper. Sieve the tomatoes through a food mill.
Fry two cut up onions in oil until brown.
Cook the onions and tomatoes together over fire and mix well.
Add more salt and pepper if needed. Add garlic if you like.

Pancakes 21 pancakes

1 quart milk
250 grams flour (2 cups)
4 eggs
1 cup Mazola oil

Mix all together. Then pour through sieve. Take $\frac{1}{4}$ cup of batter and pour into a Teflon pan. (Use no oil for frying.)

ASSEMBLE

Place a line of meat at the end of each pancake and roll up. Take each pancake and cut it in half and then square off with a knife. Then stuff with meat.
In a baking dish put $\frac{1}{2}$ of Bechamel Sauce on bottom. The $\frac{1}{2}$ of the red sauce. Place pancakes on top. Place more Bechamel Sauce on top and the rest of the red sauce. Sprinkle with Parmesan cheese. Bake in 400 F oven for 10-20 minutes, till bubbling.

CUTLET

$\frac{1}{2}$ kilo ground beef or lamb	$\frac{1}{2}$ teaspoon turmeric
1 large onion	$\frac{1}{4}$ teaspoon baking soda
4 medium cooked potatoes	1 egg
1 piece toast, soaked in water	salt to taste
squeezed off before using	bread crumbs

Grate potatoes and onion together. Mix all ingredients together except bread crumbs. Take handful of mixture and flatten into bread crumbs on both sides, shaping into long patty. Fry on both sides until crispy. Makes about 8 pieces.

S. Shoukouinejat
International Cooking Class

DOLMEH (Iranian Stuffed Cabbage)

Stuffing

$\frac{1}{2}$ kg. chop meat
2 medium onion (chopped)
 $\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup split peas
 $\frac{3}{4}$ cup rice
1 tsp. allspice
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{4}$ cup tomato paste
2 cups water
 $\frac{1}{4}$ teaspoon saffron (diluted in teaspoon water)

Cabbage Leaves

12 good sized cabbage leaves
 $\frac{1}{4}$ cup tomato paste
2 cups water
 $\frac{1}{4}$ cup shortening
2 tsp. lemon juice
4 tsp. sugar
1 medium size onion - fried
 $\frac{1}{4}$ tsp. saffron (diluted in tsp. water)

1. Stuffing
Fry onions and meat in shortening. Then add rice, split peas, tomato paste, allspice, salt, pepper, saffron mixture, and 2 cups water. Simmer until there is no liquid left and the split peas are fairly cooked. (Add more water should the split peas not be cooked.)
2. Boil the leaves for five minutes in enough water to cover the leaves. Drain and let cool.
3. Put some stuffing in the middle of each leaf. Then wrap and fold. Then, in a pot put the tomato paste, shortening, lemon juice, sugar, 1 medium fried onion, saffron mixture and water. Simmer until $\frac{1}{2}$ cup liquid is remaining. Serves 12.

Johanna Yeganeh
Tasters Luncheon

MELANZANA ALLA PARMIGIANA
(Eggplant Casserole)

Meat Sauce:

1 lb. ground beef	1 teaspoon Worcestershire
1 onion	1 clove garlic
1 cup red wine	1 bell pepper
1 cup tomato paste	1 cup water
2½ pounds fresh tomatoes	1 cup mushrooms
5 Tablespoons oil	
salt and pepper to taste	

Saute onion in oil with crushed clove of garlic. Add ground beef and brown. Add wine and seasonings. Then add sliced and peeled tomatoes, tomato paste, bell pepper, mushrooms and water. Cook for one hour at medium low heat.

1 large eggplant, peeled and sliced $\frac{1}{4}$ inch thick
1 cup grated Parmesan cheese
2 cups Mozzarella cheese, sliced thin
1 cup bread crumbs
1 cup oil
 $\frac{1}{2}$ cup flour

Salt the sliced eggplant heavily on both sides and place in bowl with weight applied for 3 or 4 hours. Then squeeze out excess water, cover with flour and fry until golden on both sides. Drain excess oil on paper towels. Then layer in baking dish as follows: sauce, eggplant, Mozzarella, Parmesan, bread crumbs. Finish with sauce and Parmesan. Bake at 350° for 1 hour.

Paula Moezzi
International Cooking Class

SLASHED EGGPLANT - "Split Belly"
Turkish Recipe - "Karni Yarik"

6 med. eggplants, long and thin	1 green pepper, seeded & chopped
1½ cup salad oil	(optional)
2 Tbsp. butter (optional)	4 Tblsp. chopped parsley
2 med. onions, diced or grated	salt and pepper to taste
1 pound ground beef	1 cup water
3 med. tomatoes....2 chopped....1 cut in 6 wedges	

Cut the stems off the eggplants. Then peel off a $\frac{1}{2}$ " wide strip of the skin lengthwise and leaving the next on, until you have a striped effect on all sides. Then slash the eggplant lengthwise, starting and ending 1 inch from both ends, being careful you don't cut clear through.

Saute eggplants on all sides in oil. Place them in a single layer in a baking dish or casserole, slashed sides up.

(turn)

SLASHED EGGPLANT (continued)

Add the butter (if desired) to the same pan the eggplants were cooked in and add the onions. Saute lightly. Add the meat; cook, stirring constantly for 10 minutes. Add the tomato and green pepper and cook until all are tender, about 15 minutes more. Stir in 3 tablespoons of the parsley, salt and pepper. Stir once more and remove from heat.

With the tip of a tablespoon, open the slashed eggplant and stuff with the meat mixture. Place a slice of tomato on top of each eggplant and 1 cup of water. Cover and cook over medium heat 40-60 minutes until eggplant is tender, or bake in a 350° oven until done.

Serve with tomato pilau.

Serves 6 as a main course.

Rose Wilderom
International Cooking Class

EMPANADAS DE HORNO

Filling:

1 lb. coarse ground round steak	4 large onions
1 clove garlic	1 Tbl. tabasco
1 tsp. oregano	pinch each of: sweet basil, cumin
salt & pepper	and parsley
1 tbl. water	1 tbl. flour
$\frac{1}{4}$ cup raisins.	3 hard-cooked eggs, sliced
small amount of oil for frying	$\frac{1}{2}$ cup black olives

1. Partly fry meat in oil. In another frying pan, fry chopped onion and garlic until transparent.
2. Add tabasco and spices to onion and garlic. Dissolve flour in water and add with half fried meat to mixture. Cook until it becomes a creamy consistency. Let set overnight.
3. Make your favorite dough recipe or used packaged crust mixture. (equivalent to 4 cups flour.)

To make Empanadas:

1. Roll our dough and cut in 5" circles.
2. Put 1 tbl. filling, 1 olive, 2 or 3 raisins & 1 slice egg on each circle. Double over and press edges together with egg white or water. Double edges upwards and brush empanadas with yolk of egg diluted in water.
3. Bake in 425 degree oven until golden brown or fry in deep fat.

Lloyd Hillman
Tasters Luncheon

STUFFED GRAPE LEAVES
Taprak Dolmase

1 can marinated grape leaves	$\frac{1}{2}$ cup chopped parsley
$1\frac{1}{2}$ - 2 pounds ground beef	2 Tbsp. tomato paste
$\frac{1}{2}$ cup uncooked rice	Salt & pepper to taste
1 large onion finely chopped or grated	4 - 5 Tbsp. shortening

Drain marinated grape leaves in a colander and carefully separate. Put a few in the bottom of the pan. Put meat, onion, rice, tomato paste, parsley, salt and pepper in a bowl and mix well by hand.

Take a leaf, remove the stem, being careful not to tear the leaf. Place in the palm of the left hand, rough side up, and the stem toward the finger tips. Put $\frac{1}{2}$ to 1 tablespoon of meat mixture on the leaf, away from the stem end. Fold stem end over filling. Then fold sides over and roll towards the end of the leaf. Put into sauce pan, loose end down, so that it is tucked securely. Repeat process with each leaf, putting them close together in circular rows. When first layer is full, start another one until all the meat mixture is used. Add the shortening and enough water to reach the top of the leaves. Put a place over the dolmas to weigh down during the cooking, and cook over medium heat 1 - $1\frac{1}{2}$ hours.

Serve hot as is or with yogurt sauce made of 1 cup yogurt, $\frac{1}{2}$ tsp. salt and 1 clove garlic crushed. Serves 4 as a main course.

Rose Wilderom
International Cooking Class

LASAGNE

Meat Sauce:

$\frac{1}{2}$ kilo ground meat	1 glass red wine
1 medium onion	200 grams tomato paste
1 carrot	1 tablespoon flour
1 rib celery	50 grams butter or oil (about 3 Tblsp.)
1 small bay leaf	200 grams milk (about 1 glass)
salt and pepper to taste	pinch rosemary or sage

Simmer slowly about $\frac{3}{4}$ of an hour. Do not let it cook dry.

White Sauce:

50 grams butter, 50 gr. flour, $\frac{1}{2}$ liter milk, pinch of salt. Cook until thickened--about 10 minutes. You may use instead of this white sauce, Aromatic Bechamel Sauce which has the same basic ingredients and 1 onion, $\frac{1}{2}$ teaspoon whole peppercorns, 1 bay leaf, pinch of nutmeg, salt. Simmer slowly $\frac{3}{4}$ hour. Strain through sieve.

(turn)

LASAGNE (continued)

Pasta:

$\frac{1}{2}$ kilo flour, 4 or 5 eggs, $\frac{1}{2}$ kilo spinach, cooked and strained, pinch of salt, some water if needed.

Make dough, let stand for 10 minutes, Roll out by hand or rolling pin. During this time, you need a pot of boiling salted water ready and one pot of cold water.

Cut lasagne into 3 or 4 inch pieces. Drop one piece at a time into boiling water. When it rises to the top, let cook $\frac{1}{2}$ minute and lift out into cold water.

Preparation:

Have pyrex dish ready. Put a layer of white sauce on bottom. Sprinkle Parmesan cheese over sauce. Then you may use other cheeses available such as Cheddar, Gouda, but not Iranian white cheese. Put a layer of meat sauce next, layer of lasagne, and so on until finished. Finish top with white sauce and meat sauce. Put in medium oven (350 to 400). In about 20 minutes, when center is bubbling, lower heat a little and continue cooking until hour is finished.

You may serve hot or let it cool if you prepare this dish ahead of time. Before serving add a little more white sauce and meat sauce, cheese and heat to serve. This cooling and re-heating makes cutting serving pieces easier. Serves 6.

Chef Salvatore- La Festa Restaurant
International Cooking Class

MEAT ROULADE

$\frac{1}{2}$ kilo hamburger meat ground twice	3 carrots
5 eggs	little parsley
1 cup bread crumbs	100 grams green beans
1 large onion	1 kilo tomatoes juiced

Grate onions with meat and mix with 1 egg. Add salt and pepper. Knead it well. Meanwhile cook 3 eggs, green beans and carrots for 20 minutes until cooked.

On a board put cold water; then put meat on it and flatten it out with your hand. Place green beans down the middle, cut hard-boiled eggs in half and place them yolk down on the green beans. Then place carrots over the eggs and parsley on top. Take the sides of the meat and place over the top and then the ends. Seal well. Wet meat a little with cold water. Roll meat in bread crumbs. Brush with melted butter. Fry roulade in 2 spoons of oil very well for about 15 minutes. Pour the juice of the tomatoes over the meat until it is cooked and most of the juice is evaporated. Approximately 20 minutes.

Serve decorated with mashed potatoes.

Marcia Miller Schirazi

HARVARD BEETS

Cook until tender; keep liquid:	2-3 beets, sliced
Combine:	1/3 cup sugar
	2 tsp. corn starch
Stir in:	1/4 cup vinegar
	1/4 cup beet juice

Stir over low heat until thick.

Add:	beets and 1 tbsp. butter
Heat and serve.	

Nancy Jacob

CHILES RELLENDOS

8 long green whole chiles	Dash of salt & pepper
3 eggs	1 cup vegetable cooking oil
1/2 cup flour	About 1# cheddar cheese cut in thin strips

Roast over open flame and peel chiles, discard seeds and stem.
 Stuff with cheese, flour and make egg batter.
 Prepare flour with pinch of salt & pepper. Separate yolk from white
 of eggs and beat eggs until stiff. Immediately add egg yolks and
 beat rapidly. Roll stuffed chiles (if wet, dry with paper towel)
 in flour. Dip in egg batter. Heat oil in frying pan to cooking temp.
 Place chiles in frying pan. Fry until golden brown and then turn over.
 Continue frying until golden brown. Remove from frying pan. Turn
 while frying.

Daria Bonaker
 International Cooking Class

EGGPLANTS WITH ONIONS AND TOMATOES

1 kilo onions	1 kilo tomatoes
1 cup oil	2 Tblsp. vinegar
salt, pepper	1 head garlic

Peel eggplants. Soak in salt water for 1/2 hour. Make a slit in
 the middle.
 Slice onions very thinly and add salt. Mix well with hands.
 Take skin off tomatoes and cut in pieces. Mix with garlic
 pieces. Cut garlic in half.
 Mix all together with 1 cup oil. Take eggplants and fill slits with
 this mixture. Mixture that is left over-place 1/2 of it on the
 bottom of pot. Then place the eggplant, then the rest of the
 mixture. Put in 2 cups of water and simmer until water evaporates.
 Add 2 spoons of vinegar and bring to boil once. Serve.

Marcia Miller Schirazi

EGGPLANT KUKU
Bademjun Kuku

3 medium eggplants	$\frac{1}{2}$ teaspoon pepper
6 eggs	little cayenne pepper
2 teaspoons salt	1 cup butter or oil for frying

Peel eggplant, cut in half crosswise and put a slit in it lengthwise (in the middle). With $\frac{1}{2}$ cut butter fry it until it is well browned and soft. Cut it into little pieces and chop it fine. Break eggs in a bowl and beat well. Add salt, pepper and cayenne and add chopped eggplant. Beat it very well. Put rest of oil in pan. Test it so it is very hot...drop a little piece of eggplant in oil until very brown. Pour complete mixture into pan all at once for 30 seconds over high heat. Turn heat to medium flame and leave it for 10-15 minutes with a cover. Turn on other side...First pour out all the oil and then flip on a plate or in another fry pan..Put oil back in pan..slip eggplant from plate into pan. Fry covered over medium flame for another 10-15 minutes. 10 minutes before serving sprinkle with grated cheese and parsley.

Marcia Miller Schirazi

LYONNAISE POTATOES

2 lb. potatoes	chopped parsley
4 oz. onion	salt
4 oz. butter or margerine	

Wash the potatoes. Boil in the jacket. Slice the onions. Peel and slice the potatoes. Brown on both sides in hot butter. Brown the onions to a nice golden brown colour. Mix with the potatoes and sprinkle the salt and parsley.

Helene Allard

"ROSTI" or HASHED BROWN POTATOES
Swiss Potatoes

Boil 1 and $\frac{3}{4}$ lbs. of potatoes with the peel on. Cool. Peel. The cold potatoes then are finely grated. Melt butter in frying pan and brown potatoes, pressing down slightly, to pack them in. When one side is brown, salt and turn around to brown the other side. Slide onto a round heated platter, so it stays in one piece. Garnish with freshly chopped parsley and serve. Serves six.

Sheraton Hotel - Chef Eberl
International Cooking Class

GOLDEN POTATO. CASSEROLE

6 medium potatoes	1 Tbsp. salt
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ tsp. pepper
2 cups cheddar cheese grated	$\frac{1}{2}$ cup green onions chopped
1 pint sour cream	

Boil peeled potatoes until tender. Refrigerate, then grate when cold. Melt butter in a skillet. Add cheddar cheese and cook until melted. Remove from heat and add sour cream, seasonings and onion. Fold into grated potatoes. Pour into shallow butter dish or casserole. Bake at 350°F. for 30 minutes uncovered. May be prepared in advance and then just reheated. Serves 6 to 8 persons.

Marcia Miller Schirazi

HEAVENLY POTATOES
(excellent for company)

6 baking potatoes	$\frac{1}{3}$ cup milk
1 tsp. salt	1 cup grated sharp cheddar cheese
$\frac{1}{4}$ tsp. pepper	$\frac{1}{2}$ pint heavy cream, whipped
$\frac{1}{2}$ cup butter	

Boil potatoes. Drain. Mash. Beat with salt and pepper, butter and milk until creamy. Place into 2 quart casserole. Fold in cheese into whipped cream. Spread over potatoes. Bake at 350°F. for 25 minutes until brown.

Marcia Miller Schirazi

NEW POTATOES
(good with seafood)

2 lbs. tiny new potatoes	$1\frac{1}{2}$ Tbsp. chopped chives
$\frac{1}{3}$ cup melted butter	salt-pepper
1 tsp. grated lemon peel	dash nutmeg
1 Tbsp. lemon juice	

Cook potatoes until tender. Drain, peel, dry over medium heat. Shake pan gently but steadily. Lightly toss them while still very hot with the melted butter, lemon peel, lemon juice and the chives. Season to taste with salt and pepper and tiny dash of nutmeg.

Marcia Miller Schirazi

POTATO PANCAKES

2 cups grated raw potatoes (4-5 large ones) $1\frac{1}{2}$ tsp. salt
 1 medium onion dash pepper
 1 or 2 eggs $\frac{1}{2}$ to 1 tsp. baking powder
 Optional: $\frac{1}{4}$ cup bread crumbs or $\frac{1}{2}$ cup flour

Pare. Use blender or grate. Add rest of ingredients. Drop tablespoons in very hot oil and fry.

HINT: Let potatoes stand in cold water for 2 hours before grating - or overnight.

Marcia Miller Schirazi

SCALLOPED POTATOES

3 lbs. potatoes, cut $\frac{1}{4}$ in. slices 1 tsp. salt
 2 medium onions cut $\frac{1}{4}$ in. slices. $\frac{1}{4}$ tsp. pepper
 4-6 Tbsp. butter $\frac{1}{4}$ tsp. paprika
 2 Tbsp. flour 2 cups milk

Butter 2 qt. casserole. Parboil potato and onion slices in salted water for 8 minutes. Drain. Arrange a layer of potato slices, top with layer of onion slices, dot with part of butter and sprinkle with flour and part of salt and pepper. Repeat layer,...finish with onion. Pour in milk, top with rest of butter, salt and pepper and paprika. Bake uncovered 375° F for 45 minutes until they are tender when pricked with fork and nicely browned.

Marcia Miller Schirazi

SAUERKRAUT

Use 2 large heads fully ripe cabbage. Wash, quarter, core, and finely shred. Sprinkle with $3\frac{1}{2}$ tablespoons salt; mix well. Let stand 30 to 60 minutes. Firmly pack into jars; leave 2 inch headspace. Adjust lids; screw band tight. Place jars on pan to catch brine that overflows. Keep cabbage covered with brine. If needed, open jars and add more brine by dissolving $1\frac{1}{2}$ tablespoons salt in 1 quart water.

Sauerkraut is ready to can in 6 to 8 weeks. Clean rims of jars; replace lids if sealer appears damaged; screw band tight. Set in large pot filled with cold water extending over top of jars. Bring slowly to boiling. Cook 30 minutes.

Marge Nystrom
 Liberty Belles Luncheons

APPLE TART PIE

Prepare 1 uncooked double pie crust.

Apple sauce filling:

Peel and slice 5 medium apples. Put in sauce pan along with 1 tbl. butter, juice of 1 lemon, 1/8 tsp. cinnamon, and sugar to taste. Cook slowly, about 15 minutes, until soft. Mash with fork and allow to cook.

Line pie dish with pastry, then fill with apple sauce, cover with top crust. Puncture crust to allow release of steam. Cook at 400° degrees, 10 or 15 minutes or until slightly coloured, but not brown.

Peel 2 medium apples, slice very thin. Mix 1 tbl. apricot jam and 1 tsp. water. Dip each slice of apple in jam mixture and arrange on top of pie in snail-like fashion.

Using a pastry brush, brush exposed pastry with milk. Cook at 350 degrees for about 30 minutes, or until golden brown.

Remove pie from oven and brush apples with jam mixture to give a nice shine. Serve slightly warm.

Monique McCormick
Tasters Luncheon

HEAVENLY CHOCOLATE PIE

Mix 2 cups "Vitana" vanilla wafers (crushed) with 1/3 cup melted butter. Press in bottom of 8 x 8 inch pan.

Cream together: 1/2 cup butter, 1 1/2 cups confectioners sugar and 2 eggs. Spread over crumb mixture.

Whip together until stiff: 1 cup heavy cream, 2 tbsp. cocoa and 1/4 cup granulated sugar.

Fold in: 2 fully ripe mashed bananas, 1/4 cup maraschino cherries and 1 cup chopped walnuts.

Spread over second mixture.

Chill or freeze overnight.

Note: May be made ahead and kept in freezer.

Peggy Gurney
Tasters Luncheon

LIME CHIFFON PIE

1 cup corn flake crumbs, available packaged
1/4 cup sugar
1/3 cup melted butter
1 teaspoon grated lime rind
1/2 cup lime juice (about 6 small limes)
1 tablespoon gelatin
1 cup heavy cream, whipped

1/2 cup sugar
1/4 teaspoon salt
4 eggs, separated
1/4 cup water
few drops green vegetable coloring
1/2 cup sugar
1 cup cream, whipped, for garnish,
optional

(turn)

LIME CHIFFON PIE (continued)

Make crust by blending together 1 cup of cornflake crumbs, $\frac{1}{4}$ cup of sugar and $\frac{1}{3}$ cup of melted butter. Chill.
Grate 1 teaspoon of lime peel. Squeeze $\frac{1}{2}$ cup of juice. In a saucepan blend together 1 tablespoon of gelatin, $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ teaspoon of salt. Beat 4 egg yolks, the lime juice and $\frac{1}{4}$ cup of water. Stir into the gelatin mixture. Stir over a moderate fire until the mixture comes to the boiling point. Remove from the heat. Add the grated rind and tint with a few drops of coloring. Chill, stirring occasionally, until the mixture mounds slightly when dropped by a spoon. Beat the 4 egg whites until they begin to stiffen. Beat in $\frac{1}{2}$ cup of sugar, a little at a time. Whip 1 cup of cream. Fold the beaten white and the whipped cream into the lime mixture. Pile into the crust. Chill until firm or until ready to serve. The mixture sets quickly but the flavor is more pronounced when the pie stays in the refrigerator overnight. May be garnished with whipped cream. Serves 6 to 8.

Marcia Miller Schirazi

CREPES NORMANDES

Apple Crepes

Crepe 50 pieces

$\frac{1}{2}$ liter milk	30 grams melted butter
$\frac{1}{2}$ bottle beer (.2 liter)	100 grams sugar
300 grams flour	5 grams salt
8 eggs	

MIX ALL TOGETHER

Filling for 20 crepes

1 kilo apples, sliced very thinly and cut in small cubes
 $\frac{1}{4}$ liter cream
1/10 liter cognac
150 grams sugar

Saute apples in butter. Add sugar. Apples should be nicely cooked and have a very shiny glaze. Flame with cognac. Add a little cream. Reduce a little so sauce becomes thickened.

CARAMEL Sauce put in refrigerator and let it get cold

250 grams sugar
10 grams butter
100 grams cream

Melt sugar; let it get a caramel color. Add butter; let it melt with sugar. Add cream; as soon as cream is added, it is ready.

Fill crepe and fold in half. Pour cold sauce over warm crepe.

Intercontinental Hotel Chef
International Cooking Class

RICH/CREAMY ICE CREAM

1 quart cream (green Pak) 2 tablespoons powdered sugar
 $\frac{1}{2}$ -1 oz. can Hershey Chocolate sauce 1 teaspoon vanilla

Mix all the above and place in freezer. Stir now and then to smooth. (for vanilla - omit chocolate sauce - experiment with your favorite flavor.) Great with berries on top or cordials for dinners. Serves 4-6 persons.

Betty Fulton

WATERMELON GRANITA

5 cups seeded watermelon cubes $\frac{1}{2}$ cup sugar
 3 Tablespoons Cointreau or Kirsch 2 Tablespoons lime or lemon juice

Puree melon in blender about $1\frac{1}{2}$ cups at a time. Mix with other ingredients and pour into freezer trays. Stir about every 30 minutes during freezing--takes about 3 hours with fresh melon, about one hour if you start with frozen cubes. Serve in chilled stemmed glasses and garnish each serving with a sprig of mint. 6 servings.

Sara S. Shipley

APPLE BREAD PUDDING

8 slices toasted bread $\frac{1}{2}$ teaspoon cinnamon
 (sweet bread is better) $\frac{1}{2}$ teaspoon nutmeg
 1 cup sliced apples $\frac{1}{2}$ cup raisins
 $1\frac{1}{2}$ cups hot milk $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup butter or margarine $\frac{3}{4}$ cup sugar
 4 eggs

Cut toast in $\frac{1}{2}$ " cubes. Place in buttered $1\frac{1}{2}$ quart casserole. Add hot milk and butter, let stand for 30 minutes. Beat eggs until light. Add sugar, salt, cinnamon, nutmeg, raisins and apples. Pour over bread and mix well. Sprinkle brown sugar over top of pudding and bake uncovered in 300° oven for 45 minutes. Serve with ice cream.

Marcia Miller Schirazi

Buttercream Coffeecake

1/3 cup plus 1/2 cup butter	1/2 teaspoon baking powder
2 1/4 cups sifted flour	3/4 teaspoon soda
1/3 cup firmly packed brown sugar	1/2 teaspoon salt
1 teaspoon cinnamon	2/3 cups sugar
1/2 cup chopped walnuts	2 eggs
1 cup dairy sour cream	1 teaspoon vanilla

oven 325 degrees

Grease bottom of 9 x 9 inch pan. Cut 1/3 cup butter into 3/4 cup flour, brown sugar and cinnamon until particles are fine. Stir in walnuts. Sift 1 1/2 cups flour with baking powder, soda and salt. Cream 1/2 cup butter in large bowl. Gradually add sugar; cream until light and fluffy. At medium speed add eggs, one at a time, beating after each addition. Blend in vanilla. At low speed add dry ingredients alternately with sour cream to creamed mixture, beginning and ending with dry ingredients. Spread in pan, sprinkle nut mixture over top. Bake at 325 for 45 to 55 minutes until cake springs back when lightly touched in center. Cool 10 minutes. Remove from pan. Cool completely. Cut in half horizontally. Fill with buttercream filling. Refrigerate.

Buttercream Filling

1/4 cup flour	3/4 cup butter
1/2 teaspoon salt	1 cup sugar
1 cup milk	1 teaspoon vanilla

Combine flour, salt, and milk in small saucepan. Cook over low heat, stirring constantly until very thick. Cool. Cream butter. Gradually add sugar; cream well. Add flour mixture; beat until light and fluffy. Blend in vanilla.

Dottie Duggan
Tasters Luncheon

CHOCOLATE GATEAU

6 eggs
150 gr. blanched and chopped almonds (1 cup)
210 gr. chocolate - bitter (2 shokomar & 6 pieces Stockman)
210 gr. caster sugar (1 cup)
90 gr. fresh butter
9 tablespoons of milk

Place all ingredients except eggs in a pot on low fire and let melt. Stir. When cold, add, one by one, egg yolks. Then add the egg whites beaten stiff. Mix lightly.

Pour in a well buttered and floured metal form (the sort that separates). Cover with a piece of brown paper and cook in medium over for 20 minutes. It is ready when we try it with a toothpick and it comes out clean. Let cook and then turn out. Decorate with whipped cream and grated chocolate.

GREEK EMBASSY
International Cooking Class

CHOCOLATE SPONGE CAKE

6 eggs, separated	1/4 teaspoon salt
1/2 cup sugar	1 teaspoon vanilla
3/4 cup flour, sifted with 1/4 cup cocoa	

Beat egg whites with salt until they stand in soft peaks. Add 4 tbl. sugar, one at a time, and continue beating until meringue is stiff. In separate bowl, beat the egg yolks with rest of sugar and vanilla, until fluffy. Gently fold about 1/4 of the meringue into egg yolk mixture. Then pour back into the bowl of meringue. Sprinkle 2 tbl. of the flour and cocoa mixture on top and fold together. Repeat until all the flour and cocoa is blended in. Pour into buttered 11 x 16" jelly roll pan that has been lined with buttered waxed paper. Bake 10-12 mins. in 400 degree oven or until done. As soon as sponge sheet is taken out of the oven, invert it on a tea towel sprinkled with cocoa. Do not remove waxed paper. Roll the cake tightly as possible in the towel to a 16" long cylinder. Cool, carefully unroll and peel off waxed paper. Spread thickly with the whipped cream, and roll again. Ice with uncooked chocolate butter icing. Refrigerate until serving time.

Chocolate Butter Icing

Melt 2 oz. unsweetened chocolate in top of double boiler. Add 3 tbl. hot water and stir until smooth. Remove from heat. Blend in 1 3/4 cups sifted confectioners sugar. Beat until smooth. Add egg beating until smooth. Add 1/4 cup soft butter a little at a time. Stir in 1 teaspoon vanilla.

Kay Ignatz
Tasters Luncheons

DATE NUT CHOCOLATE CHIP CAKE

Needs No Frosting

Cook together until thick, then cool:	1 cup dates (pits removed)
	1 tsp. soda
	1 cup water
While above is cooling, cream together:	1 cup butter
	1 cup sugar
	1 Tbsp. cocoa
Add and mix well:	2 eggs
	1 tsp. vanilla
	dash salt
Add:	date mixture
	1 3/4 cup flour
	1/2 cup chocolate chips

Pour into greased and floured 9 x 12" pan.
Sprinkle top with 1/2 cup chopped nuts & 1/2 cup choc. chips.
Bake: 350°, 25-30 minutes.

Nancy Jacob

HILLBILLY CAKE

(an easy* moist cake, with its topping baked on-
no need to frost)

2 cups flour	$\frac{1}{2}$ cup ($\frac{1}{4}$ lb) butter, melted
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ tsp. salt
2 tsp. baking soda	2 eggs
1 No. 2 can pineapple and juice (small chunks or crushed) ($2\frac{1}{2}$ cups)	

Put all ingredients in a bowl and stir with spoon. Put in 9 x 13" greased and floured pan. Let settle, then sprinkle 1 cup brown sugar and one cup chopped nuts over the top. Bake 40 minutes at 350°.

Betty Hill

BROWNIES

1 cup shortening	1 tsp. salt
2 cups sugar	$1\frac{1}{2}$ cup flour
4 eggs	2 tsp. vanilla
$\frac{1}{2}$ cup cocoa	

Mix all ingredients well in large bowl. Bake at 350 in well greased cake pan. Depending on oven, remove when edge becomes quite firm. Center will be very soft, but will harden when cool. Cut while still warm.

Marge Nystrom
Liberty Belles Luncheons

MISSISSIPPI MUD CAKE

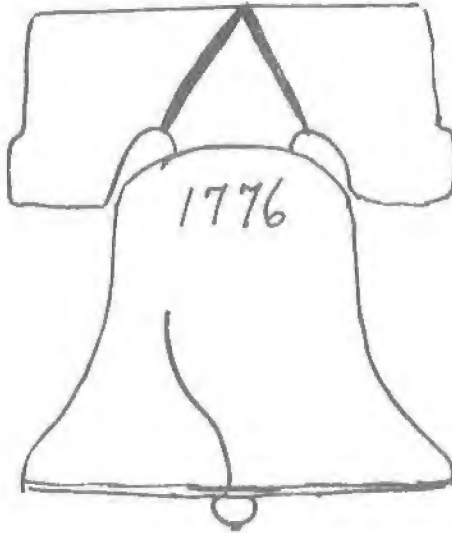
2 cups sugar	$1\frac{1}{2}$ cup self-rising flour
2 sticks butter, melted	4 eggs
1 teaspoon vanilla	4 teaspoons cocoa
$\frac{1}{2}$ cup chopped nuts (pecans, if available)	
1 jar Marshmallow Creme (can be omitted)	

Mix ingredients, except marshmallow cream, and bake 30-35 minutes at 350° in 9 x 12 pan. Cool 10 minutes. Put marshmallow creme on top and put back in oven for 10 minutes. While warm ice with:

1 stick butter melted
2 teaspoons cocoa
1 lb. powdered sugar
enough milk to mix
 $\frac{1}{2}$ cup chopped nuts (pecans if possible)
Combine all ingredients and spread over cake.

Jean Howard
Liberty Belles Luncheons

LIBERTY BELLE COOKIES



This recipe is traditionally served at the first Liberty Belle rehearsal in September. Local molasses may be purchased at any local Government Store in Tehran.

1 cup molasses	2 $\frac{1}{4}$ cups sifted all-purpose flour
$\frac{1}{2}$ cup oleo	1- $\frac{3}{4}$ teaspoons baking powder
1 teaspoon soda	1 teaspoon salt
	1 $\frac{1}{2}$ teaspoon ginger

Heat molasses to boiling point. Remove from heat, stir in oleo, soda. Sift dry ingredients into molasses mixture. Chill dough. Preheat oven to 350 degrees. Roll dough out thin on lightly floured board. Cut in bell shapes, bake in oven 5-7 minutes, then cool. Use a thin powdered sugar icing to make crack and to write 1776 on each bell.

Marily Schlup, Director
Liberty Belles
January 1974-May 1976

CARIBBEAN RUM PUNCH

Lime Juice (fresh, is possible and strained. 1 & 1 Pasteurized Lime Juice is an excellent substitute for fresh limes.)

Rum

Sugar, granulated

Water

Bitters

Nutmeg, grated

OPTIONAL

Fresh pineapple sticks

Slices of fresh oranges

Sprigs of mint

Maraschino Cherries

Bring to boil 1 measure** of sugar and 2 measures of water. Boil until "sticky" and drips like syrup from the spoon. Remove from heat. Add 1 measure of lime juice and 2 measures of rum. Add 1 teaspoon of Angostura Bitters, and stir until blended. Cool in refrigerator a few hours.

TO SERVE: TRADITIONAL: Into a tall glass add a few ice cubes and pour punch. Garnish with a cherry, orange slice, sprig of mint or stick of pineapple, then grate nutmeg over top.

FROZEN: Fill glass with crushed ice, add punch, and garnish as above.

** A measure can equal $\frac{1}{2}$ cup, 1 cup, or any amount you choose to use.

Marilyn Schulp
Liberty Belles Luncheons

QUICHE LORRAINE

(Cream and bacon Quiche)

6-8 pieces thick sliced bacon

3 eggs, large

$1\frac{1}{4}$ to $1\frac{1}{2}$ cups heavy cream

$\frac{1}{4}$ tsp. salt

pinch of pepper and nutmeg

1 to 2 tbs. butter

an 8 inch partially cooked pastry shell, placed on a buttered baking sheet.

Pre-heat oven to 350 degrees.

Slice bacon into $\frac{1}{4}$ inch pieces and brown lightly in a frying pan. Drain and spread in bottom of pastry shell. Beat eggs, cream, and seasonings in a bowl, to blend. Just before baking pour cream mixture into the shell, filling to within $\frac{1}{8}$ inch of the top. Cut butter into bits and distribute over the cream. Bake in upper third of oven for 25 to 30 minutes, until Quiche has puffed and browned and a small knife inserted into the custard comes out clean. Serve hot, warm or cold. (Quiche will sink slightly as it cools). Serves 4 to 6.

Note: You may substitute: Ham, shrimp, vegetables, etc. for the bacon. Do not use tomatoes or anything that will sour the cream.

Cathy Byer
Tasters Luncheon

RICE MEXICAN STYLE

2 cups rice	4 med. tomatoes; if not fresh--
1 large onion	1 med. canned tomatoes.
3 cloves garlic	$\frac{1}{2}$ cup peas
	salt and pepper to taste

Wash rice and let dry. Heat oil and fry rice with onions and garlic. Let fry until golden yellow. Add tomatoes, salt and pepper. Continue to fry for 5 minutes. Add 3 or 4 cups boiling water. Let ingredients come to boiling point and immediately lower heat. Add peas. Rice is cooked when tender and dry.

Daria Bonaker
International Cooking Class

BREAD AND BUTTER PICKLES

4 quarts sliced unpared medium cucumbers	5 cups sugar
6 medium white sliced onions (6 cups)	3 cups light vinegar
1 $\frac{2}{3}$ cups green peppers, sliced	$1\frac{1}{2}$ teaspoons turmeric
3 cloves garlic	$1\frac{1}{2}$ teaspoons celery seed
$1\frac{1}{3}$ cup table salt	2 tablespoons mustard seed

Combine cucumber, onion, green pepper, and whole garlic cloves. Add salt; cover with cracked ice. Mix thoroughly. Let stand 3 hours. Drain well, but do not rinse. Combine remaining ingredients; pour over cucumber mixture. Bring to boil.

Fill sterilized jars, leaving $\frac{1}{2}$ inch headspace; adjust lids. Process in boiling water bath for 5 minutes. (Start timing when water returns to boiling.) Makes 8 pints.

Any old jar will do, providing lid fits securely. May be dipped in melted paraffin to seal when cool.

Marge Nystrom
Liberty Belles Luncheon

LIFT (Laf'it) PICKLED TURNIPS

2 Kilos small white turnips	non-iodized salt
5 fresh beets or 1-No.2 can of beets	Luke-warm water
White vinegar	

Wash and cut turnips in quarters. (If using fresh beets, parboil and cut in quarters.)

Place 2 beets in bottom of jar. Fill up halfway with turnips. Shake in non-iodized salt, 2 more beets, turnips, salt. Top with beets, cover with brine.

Brine: 1 part vinegar to 2 parts water. Substitute small amount of beet juice for water.

Allow 3 - 5 days before serving.

If desired, fresh cut cauliflowerets and cabbage may be added to turnips.

Jacqui Lewis
Liberty Belles Luncheons

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